

The American Physician;

OR,

A TREATISE

OF THE

ROOTS, } { SHRUBS,
PLANTS, } { FRUIT,
TREES, } { HERBS, &c.

Growing in the

ENGLISH PLANTATIONS
IN

AMERICA.

Describing the Place, Time,
Names, Kindes, Temperature,
Vertuës and Uses of them, either
for Diet, Physick, &c.

Whereunto is added

A DISCOURSE

OF THE

CACAO-NUT-TREE,

And the use of its Fruit; with all the
ways of making of CHOCOLATE.

The like never extant before. By *W. Hughes.*

London, Printed by J. C. for *William Crook*, at
the Green Dragon without Temple-Bar, 1672.

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Office



To the Reader.

I Have read that there were once a certain Sect of Athenians, or Peripateticks, who were of Opinion that Man was made only for Honour, Pleasure and Riches: But if we consider what others since their time more serious have written hereof, we shall finde their Opinion absurd and erroneous; Honour being as various as a Princes eye: and there was never any pleasure in this world so durable, but that it was mixt with some pain, discontent or trouble: And as for Riches, no Philosopher ever yet, either Antient or Modern, could give a sufficient or satisfactory definition of it; there being no bounds to

To the Reader.

be set to a covetous mans desire :
and therefore doubtless *Man* was
made for some more notable end
then these , if we consider his
most wonderful frame ; not only
his external shape and comeliness
of body, far surpassing all other
living Creatures ; but also by the
inward gifts and endowments of
his *Minde*, Nature having be-
stowed on him a Sense far tran-
scending the Sense of other Ani-
mals ; having endued him with
Discourse, Reason and Know-
ledge, to discern what, and what
is not most proper for himself :
although since our Fore father A-
dam's time, by that great Trans-
gression of his , he is always sub-
ject to error : by which act, and
the daily decay of Nature, we his
Posterity are become much shorter-
sighted then before that time we
were, as is plainly manifest, if
me

To the Reader.

we do but consider that Adam, even at the first view, was able to give Names to all Creatures according to their kinds: and from thence we have great reason to think, that his Disobedience was the occasion of almost eclipsing our Understanding. And as the Sun ever shineth, and seeth all things, unless its Beams be stopped by an interposition or opaque Body, as a Cloud, or some such thick matter; even so the minde of man doubtless in its purity, and considered alone by it self, did know all things: but now it being more intangled in the body, and darkned by its cloudiness and infirmities, can see nothing without the leave and help of the body. The minde then being thus intangled, must of necessity steer some other course, being she cannot range abroad to see the shape

To the Reader.

of things as they are in themselves, but is forced to take the demonstration of them as she can receive them from the body, though poor and contemptible; and this cannot be done neither without imploying the Five Senses, which must operate too with their proper instruments in the same parts of the body, to bring in shapes or Idea's to the minde: and when all this is done, the minde yet understands not, without an Interpreter; the three inward Senses which lodge in the brain, the minde then laying all together, and comparing one with another, judges of them accordingly. Now if these Messengers of the Minde, or the places of the body where they lodge, be foul, gross, cloudy, thick, over-cold or hot, they give either a dull or false information to the Minde; so that man cannot

To the Reader.

not do what he ought, nor possibly what he would, nor at all times what he should; neither that at one time which at another time he is able to do. Yet notwithstanding this, he is doubtless at all times, and in all places, chiefly to contemplate his Maker, and that Oeconomy he hath placed in the larger Universe: in all which, we finde not the least grass but hath something of his Power stamped thereon: a true definition of which we cannot now attain unto; guess we may (although but darkly) at the life and death of a Vegetable, and how it may come to continue the same Individuation, and be again the same Identical Body, after so many strange changes, and after so many different shapes as may be seen in the course of Nature.

To the Reader.

Seeing the Minde then is so intangled, it will not be amiss to proportion the end we propose to our selves in any thing to be within our power or short sight; for if otherwise it be impossible to obtain our desires, it may instead of affording us content and good, become our affliction and ruine. And seeing that all things in the world tend to some end, even things insensible seem to advance to some proper use, as if they did apprehend a perfection of their being; I say, much more requisite and necessary is it therefore that Man, whose minde and thoughts are continually acting should always be honestly imployed; it being the ready High-way to conduct us, and will at last bring us to that perfection and happiness which all Pious Souls hope for. Let us press on therefore
for

To the Reader.

fore whilst we are here, and be no more idle: for a standing Puddle is more subject to corruption, then the running Stream: Steel, the less used, is the sooner eaten with Rust: the Atoms, in infectious times, by little and little, work on hot and moist bodies, most subject to putrefaction, until they have corrupted the whole mass. Even so Man, letting the Reins of his Will run at random, not employing his time in some honest Exercise, by the allurements of the world, having much converse therein, is in great danger, by little and little, of being wholly corrupted, daily walking amongst our Enemies who seek to devour us; and being once taken and intangled in their Net, it will be hard for us to get free from it again, until we sink down, and are drowned.

To the Reader.

I remember that in a place called the Camanas, which lyeth to the Lew-ward of Jamaica, the Sea-Tortoise (of which there are five sorts) or Turtles, as some call them, those triple-hearted Amphibious Creatures (for they have each of them three distinct Hearts) being intangled in a Sain or Net which was usually set for the taking of them, or else being turned on their backs on Land (for then they cannot turn themselves on their feet again) did always sigh, sob, shed tears, and mightily seem to lament, as being most sensible of their destruction, and that they were in their Enemies hands. So should all good Christians do that are taken in the Evil Net of the Sensualities of this World, until they get out, lest they perish everlastingly.

But

To the Reader.

But we have already exceeded the bounds of an Epistle; and therefore will conclude with speaking something of that followeth in the ensuing Treatise.

Which Discourse, if you expect to finde deckt up with fine Metaphysical Notions and Expressions, or stust with hard or strange words (with which the Indies do abound) or if you think to finde it in a Court-like stile, or adorned with Poetical Fancies; you are likely to be mistaken, and quite beside the Cushion, for you will finde it only in plain and easie Terms, such as I my self best understand: Nor was this written in a Closet or Study, in the corner of a house, amongst many Books; but the most of it, some time since, was taken, with many other Observations, rather in travelling the Woods, and other

To the Reader.

other parts, (when I had leisure at odd times to go on shore, being then belonging to one of his Majesties Ships of War) especially in that praise worthy Island of Jamaica, which lieth between the Tropicks within the limits of the Torrid Zone, in seventeen and eighteen degrees of Northern Latitude; the place, as well as the very name, being to our Ancestors so terrible and frightful, that they concluded it (as well as the Frigid Zone) not to be inhabited: but they were guided only by the Dictates of their own Reason. which Experience hath since sufficiently confuted, and doth now proclaim it to be as temperate, healthful and beneficial, as most places are in the Temperate Zone, as well for us English men, as others, by reason of the breezier gales of
Winde

To the Reader.

Winde that do there continually blow and qualifie the sulphurous Air. Neither is it the near approach of the Sun that is altogether the cause of heat, or its distance of cold; but we may attribute much to the Conjunction of the Sun with other luminous Bodies, the Aspects with other Planets, their Configurations with other Stars: as we see in the Dog-daiies, that it is often much hotter then before, although at that time the daiies are much shortened, and the Sun at a greater distance from us. But of this elsewhere.

It is likely some may say, What need we trouble our selves with those things we cannot reach? To such I answer, That the most part of them here mentioned which grow not in England already, are brought over daily and made.

To the Reader.

made use of, either for Meat, Medicine, or employed in several sorts of Trades, and the like: Besides, this may be necessary to all which first travel to those parts; for I have wanted such Directions, and so I doubt not but some others do: However, I suppose there are few but would gladly know, that there are such things in the world, although scarcely any which care or desire to go to see them; and large Volumes have been written of bare report only, of Countries, Places, and their Productions; and therefore I hope this Description (which is as nigh to truth as I could possibly draw it, if my eye-sight failed me not) may be acceptable, although it be far short of what I intended; it being my desire to have made it more compleat by one more Voyage

age

To the Reader.

age into those parts of the World, in which my endeavours should not have been wanting for the bringing and fitting of Roots, Seeds, and other Vegetables, to our Climate, for to increase the number of Rarities which we have here in our Gardens already; in the which I perceive much may be done, if further industry were used: but I have yet met with no opportunity to accomplish the same; and therefore hope that some others who have conveniency will do something herein, for the promotion of further knowledge in these and many other excellent things which those parts afford, and we are yet unacquainted with. And whosoever is offended at this that I have here written, may let it alone; it forceth none to meddle with it: I know the best things displease

To the Reader.

please some; neither was there
ever any man yet that could
please all people: but in hurting
none, possibly I may please some,
for whom only it is intended.

William Hughes.

ON



ON

Mr. *Hughes's* TREATISE
OF
American PLANTS.

THE world of Treatises hath had
great store,

But such an one was never seen before :

What here's disclos'd , *Columbus* did not
see

In his *American* Discoverie.

He to find out the Land did boldly ven-
ture ;

But *Hughes* i'th' bowels of the Land did
enter ,

To finde the Roots of Plants , and rarer
things,

To profit Subjects , and to please their
Kings.

(*Ray*,
Our *Lovel*, *Gerrard*, *Johnson*, and learn'd
Did travel far in the *Botanick* way :

But

But this our Author hath out-went them
clear,
As by the following lines it doth ap-
pear :
In which the Plants of *India* may be
found,
And their Vertues, to keep our Bodies
sound.

H. E.

The

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T R E A T I S E

OF THE

ROOTS, } SHRUBS,
 PLANTS, } FRUIT,
 TREES, } HERBS, &c.

Growing in the

ENGLISH PLANTATIONS

IN

A M E R I C A.

THough my designe in this ensuing Treatise, is chiefly to discourse of certain Trees, Fruits, Herbs, Roots, &c. which I often made use of, either for Meat or Medicine, whilst I abode in the *West-Indies*, and especially in the Island of *Jamaica*;

B

yet

yet shall I offer to the perusal of the Reader two or three remarkable things which were exposed to my consideration when I first visited the shore; which indeed, although they grow, yet cannot properly be called Herbs, Roots, &c. The first of which to be described is,

White Coral.

OF White Coral Rocks there are great abundance in *America*, and also upon the Coast of *Jamaica*, especially in the Shallows and Harbours: It groweth and brancheth up in the Sea, from the main bulk, into round pieces of different proportions, some bigger, and some less than a mans finger; one joyned to the other with curious branches, being all over rough, and beset with small bunches, after so delicate a fashion, as will undoubtedly raise admiring thoughts in the serious beholder of so wonderful a Rarity. These Rocks are exceedingly dangerous, not only to great Ships, but also to lesser Vessels, as Boats, whose lightness might seem to exempt them from danger, which have been often hazarded by their

their approaching too near them. Not long after, we came to an Anchor in that stately Harbour at Point *Cagaway* in *Jamaica* : Some of our Ships Company being sent forth in a new Shallop, with an intent to make a Voyage to the *Camanas* for *Tortoise* (or *Turtles*, as they call them there) and being not well fitted (as it fell out) to stay, ran the Vessel with such violence upon one of these Coral-Rocks, that it sunk her down so deep, that the men stood in the water, surrounded with fears, lest the merciless Waves should wash them away, they being some leagues distant from any Land or shore : But keeping their Powder, and some Guns above water, and with great frequency firing them, the Winde being favourable, the report was carried to shore ; which causing there in the hearers a suspicion of some extraordinary disaster, (such Signals being the usual Publishers of more then a common calamity) they thereupon, with all possible speed, putting off some Boats to Sea to discover the real cause, in ten or twelve hours space afforded them a seasonable relief, and preserved the men from

an almost remediless destruction.

Another time we were crossing the before-mentioned Harbour from *Liganee* to the Point, (the principal Sea-port so called in *Jamaica*) and espying a *Crocodile* (or *Allegator*, as they there name them) we then dispatcht it with our Oars: But first, in the pursuit thereof, we ran our Long-Boat on a Coral-Rock, whence with much danger and difficulty we got her off. And seeing I have mentioned a *Crocodile*, give me leave to add something, as it were, in a Parenthesis, concerning that kinde of Animal: They are at first but little, being inclosed in an Egg-shell, out of which I have taken them my self: the old one, at the accustomed season of the year, making a hole in the Sand, lays her Eggs there; and covering or concealing them, leaves them to the influence of the Sun for their more effectual production; where, by the continuance of a moderate heat, they are in a short time quickned, and gain such strength, as to make a breach in the shell; and thence they are no sooner freed, but they betake themselves to the Water, and then again to Land;

Land ; and by frequenting both , they are ranked in the number of Amphibious Creatures. They do very quickly encrease in bulk , multiply exceedingly , and live to a great Age. Some of these Creatures (as I have been there informed) are 28 foot in length : I have seen one 20 foot long ; and that we killed was 14 , which was accounted short , in comparison of those that the Country produceth : They have Musk-bags (or Musk-cods , as they there call them) under their Jaws , whence there issues a scent sweeter than out of a Perfumers Shop ; by which , when we travelled into the Country , or went a Fishing up the fresh-water-Rivers , we could easily discover them , and thereby avoid the danger , which otherwise we might have been liable to. But here I shall put a period to this , which is only thus accidentally mentioned , in giving an account of that danger we escaped , when in the pursuance of one of those *Crocodiles* , we fell foul upon a Coral-Rock.

Indeed , I have great reason to be ever mindful of this , and many other extraordinary deliverances , which were often

an almost remediless destruction.

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Indeed, I have great reason to be ever mindful of this, and many other extraordinary deliverances, which were often

vouchsafed me, by the stretched-out Arm of an over-ruling Providence: But such preservations deserving more apparent testimonies of my gratitude, than a bare acknowledgment here; I shall therefore manifest the greatness of my Obligations to the Almighty Deliverer in a more proper place, and no longer detain my Reader from what I have proposed to my self to be the Subject of the following Pages.

Of Sea-Eggs.

Not long after we had moor'd our Ship in *Cagaway-Harbour* in *Jamaica*, my self, with others, going into the water to wash and solace our selves in that hot Climate (at that time) being altogether unacquainted with these kinde of Eggs (as they are called) hapned to tread on them, there being very many in the shallows, near unto the shore, in those parts; the prickles of which, on a sudden, made such an entrance into my bare feet, that startled me, fearing a worse event might follow thereupon; but the present smart was all, and I

was

was quickly after better acquainted with them.

Description.

These Sea-Eggs (if they may properly be so called) are in shape round, almost like unto some of our Turneps, beset all over with small sharp prickles, thick as the prickles of an *Hedge-Hog*, and more numerous then those on a Sculpin Fish, which is called by us in those parts, the *Sea Hedge-Hog*, by reason of the many prickles it hath all over its body.

Place.

They grow on the Coral-Rocks, and near unto the shores, in the most still waters, and are of a greenish colour all over: Therein is bred an Animal which tumbles them about in the water, sucking in its nourishment at a hole in the center of the same: and when these Creatures die, or leave these their Habitations, and sometimes before, by reason of Windes, and the violence of the Waves, there are many of them driven on the Sands; and then all the prickles and green substance, which invirons them round about for their safeguard, peeeth off, leaving a milk-white crust, or kinde of shell,

which hath a hole through the middle thereof, and all over externally it is curiously beset with milk-white knobs or bunches, that it is impossible for Art to imitate the same.

Use.

They are very pretty Rarities for young Ladies Closets, and cannot but please the Eye and Fancy very much in beholding them.

Of the Sea-Fan, or Sea-Feather.

THE Sea-Fan groweth on the Rocks, it being firmly rooted and close fix'd thereto; and at the first is of a greenish colour, but afterward it changeth; some of them becoming brown, some blackish, some blackish and white, and others milk-white: And they also differ much in bigness, some of them being narrower, and some broader. I have seen one two foot long, and a foot and a half in breadth; yet there are of almost all sizes: They are of a sinewy substance, knit together all over with a curious
con-

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contexture, with little spaces or holes; which in process of time, when the water hath wasted the Rock whereon they grow, or by reason of a Storm, or *Hurricana*, they are loosed, and float on the Waves, until the Winde lodge them on the Sands, where they dry, and become more tough and stiff.

Place.

There is great store of them in *America*, in many places.

Use.

They are made use of by the servants of the richer sort of people, to fan the Air, to keep them cool whilst they eat or sleep; as also to keep away those troublesome Flies, called *Merry wings*, much like unto *Gnats* here; but especially, to drive away that very small black and poysonous Fly, called a *Muscato*, the torment of the place, especially to strangers.

Of the Sea-Star-Fish, or by some called the Sea-Star.

TO give such a Description of the house or habitation of this Animal,

as to bring the perfect Idea into the minde, is a thing impossible; only so much as may be contained in a few words shall be presented. This Rarity hath five corners, stretching themselves equally forth five several ways, each about five inches from the center; all of them being Taper, from the middle or body of the main substance: on the upper side, both the middle part, and also the corners, are somewhat smooth; but on the edges most curiously nickt, or denticulated: on the lower side, both in the middle part, and every corner, it is a little open, as it were so many Channels meeting all in one center. Now on the sides of all these open places, and also on the bottom of the same, it is so curiously nickt and wrought, that I think the most exquisite Artitt can hardly imitate the same.

Place.

They grow at first on the Rocks, as the Coral-Rocks, &c. and are then of a greenish colour; wherein, in a reasonable time, is bred a living Creature, which when it is come to maturity, getteth this kinde of softish shell loose from the Rock

(where

(whereunto the lower side of it clingeth close) and so marcheth away at his own pleasure, increasing in bigness as it increaseth in Age: and always in boystrous weather, when Mariners most fear the Rocks, then do they contrarily cast Anchor thereon, taking hold on the branches of the Coral, lest by the violence of the Waves they should be cast on shore, and lost, as it were, by shipwrack, in a contrary Element.

Now after this Rarity is once loosened from the Rock, it is of a kinde of yellowish colour; and wandring abroad from their Harbour or hold, or else by reason of death (when rough weather cometh) they are often cast on the Sands in many places in *Jamzica*; and I have taken them out of the water near the shore, as also in a Net: when they come first out of the water, they are softish; but being dried, they become very hard.

Use.

I know not the use of this kinde of Fish; but doubtless it is good for something, there being nothing made in vain: as for the shell, it is a very pretty Toy.

I hope I need make no Apology for my beginning

Beginning this Discourse of those things first represented to my consideration at my arrival in those parts, or for my making a stay, and hovering a little about the banks of that Sea-shore, before I adventured further on Land. However, there are very many more strange Rarities on the sands of those Sea-shores, a description whereof would be too long to trouble you with here, and altogether improper; so that I will leave that Station, and step a little further on Land, even into their Plantations, and consider next what Roots we made use of in those parts.

Of Potatoes.

AS for Potatoes, we here only intend to speak of the Root; and for a description of the Leaves and Branches, be pleased to see *Ger. Herb.* or some other who hath written of *Virginia-Potatoes*, which do very much resemble them in likeness; and therefore may save me the labour of troubling my self or you further therewith.

This Root is thick, fat and tuberos; some

some of them yellowish, or of a Gold-colour within; some are whitish, others very white, most of them are in form oval, or round; some bigger, some less, as Spanish Potatoes are; but commonly somewhat bigger at their full growth.

Place.

They grow in many places in *America*, as in all the *Caribbee* Islands that I have been in; namely, *Barbados*, *Antego*, *Mevis* or *Nevis*, *S. Christophers*; as also *Hispaniola*, *Jamaica*, &c. where they are planted in most Plantations for daily food; the small ones, or pieces, being reserv'd in digging them up, and replanted for encrease.

Time.

The Leaves are green, and the Roots fit to be eaten all times in the year, according as they are planted; there being properly but one season in the whole year, that is *Summer*, for it is there always very hot, so that Ice, in those Countries, would seem a great Miracle to them. Indeed, the *Spring* and *Autumn* may be said to be all the year too, for they sow and plant at any time, and it comes to maturity; there being no fall of.

of the leaf, but as one driveth off another, when they become aged, that a younger may take place.

Name.

The *Indians*, as also some of the *Blacks* and *Spaniards*, do call them *Papus*; but we *English* call them *Potatoes*.

Vertues.

They are common and ordinary meat, used for daily food amongst all Planters; neither are they the worse for being common: for I suppose it to be one of the best, most wholesome, and delicious Roots in the world, especially in those parts, which do much exceed *Spanish Potatoes* that we have brought into *England*: they are easie of digestion, agreeing well with all bodies, especially with our hot stomachs when we come there, who may at first eat of them moderately, four or five times a day, without hurt, (as also of some kinde of meat or flesh:) they breed very good nourishment; they corroborate or strengthen exceedingly; they clear the heart, and are provocative of bodily lust. They are used several ways, as I have often eaten them; either roasted under the ashes, and then peeled, pulp't
and

and buttred, or boiled and buttred, or eaten alone, or with Girk't Beef and Pork instead of bread: the driest of them they bake either in Pots or Pies, hardly any way comes amiss; for they are excellent food, as by experience I have often found, especially in that their Native Climate, by reason that they are easie of digestion, and the bodies of the Inhabitants are much weakned by heat.

Of Yams, or Yammes.

AS for the leaves, branches and tendrels of these, they are much like the Potatoes; and therefore I need not spend time in describing them: These Roots are, for the most part, rounder, bigger, and more solid or compact then Potatoes are; and being cut, they are much whiter within: They will keep, being carefully taken up without bruising, and put into some of the same earth in a Tub, or the like, to England, as I have made tryal.

Place.

They grow in *Jamaica*, and most other Islands thereabouts; they are nourished

riſhed in Plantations for daily food, as Potatoes are.

Time.

They are planted at any time of the year, and do proſper very well.

Name.

I never heard them call'd amongſt either *Spaniards*, *Blacks*, or *English* there inhabiting, by any other name then *Yams*, *Yammes*, or *Yarnes*.

Vertues.

Theſe are very good Roots, and are common ordinary food amongſt Planters, and do nourish very well, but not ſo much as the Potatoes do; neither are they ſo delightful in taſte, but agree very well with the Inhabitants: for it hath pleaſed Almighty God to order all things ſo by his Providence, that every place is provided with food moſt convenient for it: theſe Roots are ordered and dreſſed as Potatoes are: And amongſt the many delicious Roots in thoſe parts, theſe two are moſt made uſe of by the Inhabitants; either for meat or drink; for indeed they make a drink of theſe and Potatoes, very good.

Next, we come to treat of the ſeveral ſorts

sorts of Grain in *America*, most used there for food.

Of Calavanc, or Calavances.

THese Pease have long and small stalks, of a brownish green colour, branched and spread upon the ground (unless they be supported by Props) much after the same manner of our Field-pease: the leaves shoot forth at several places, set one against another, of a more yellowish green colour than ours in *England* are; They have also towards the top, clasping Tendrils, as ours have: The Cods are pretty long, wherein are small Pease of the bigness of our Vetches, but long; or of the fashion of a Kidney-bean, and very smooth; outwardly, of a dark red colour; neither are they uneven when they be dry.

Place.

They grow in many places in *America*, as in *Jamaica*, in several places; namely, at Colonel *Barrington's* Plantations, at *Ligane*, at *Portamorant*, &c.

Time.

They are planted at any time, and flourish.

flourish all the year; of which the Husbandmen, or Planters there, have five Crops in two years.

Name.

Some call them the *Indian Vetches*, some the *Indian Pease*; but those that are Inhabitants there, call them *Calavances*, or *Calievancie*.

Use.

They are very good food, much easier of digestion then ours are, as being more fitting and more natural for that hot Climate, because the stomach is not very strong; by reason of the external circumambient heat which doth much debilitate and weaken Nature. I have often found by experience (the best Judge) that eating the same quantity of our Pease as of them, I should be much more oppressed in my stomach, then when I eat of those, and more troubled with winde; and so likewise for the Beef or Pork, they are much more nourishing then ours, are somewhat flatulent, and provoke bodily lust: when they are green, they boil and butter them, and so they do sometimes when they are dry; or else they boil and eat them with Pork, or wild Hog, as we do ours in *Lent*.

Of

Of *Bonnivifs*.

THese Pease grow very tall, being supported, almost in every respect, as our *Rouncifals* are in *England*, and are commonly planted in Rows, and run up as they do; but as for the Pease themselves, they are very white (as the other before spoken of were red) and somewhat bigger then them, almost of the shape of the small Kidney-bean, but only shorter and thinner.

Place.

They grow in most Plantations in *Jamaica*, as also in most other adjacent Islands.

Time.

They flourish all the year, having Blows, Kids, green Pease and Ripe, growing on them at one and the same time.

I never heard it called by any other name then *Pisum Indicum*, or by the Inhabitants there *Bonnivisse*, or *Bonnevifs*.

Vertues.

These Pease are, as to their vertue, much like those that are here fore-mentioned,

oned, but are somewhat harder of digestion, yet are very good food, and more pleasant then ours are; they are a little windy, which is the reason, that being eaten too freely, they oppress the head: they are used, in all respects, as the others before-mentioned are; and to expel the Winde, they eat them with red Pepper.

Of the seven years Pease.

THis sort of Pease is planted but once in seven years, and continueth bearing and fruitful for that space: it groweth up with whitish green stalks, from which many branches spread forth in the form of a Bush, some four or five foot high, or more, whose leaves are small, of a green colour, and it is all bespangled over with Cods, much like our Pease: The Pease themselves are much about the bigness of a *Vetch*, or *Lupine*; and when they are dri'd, they are of a greyish colour, speckled outwardly. Some of these, and others, I brought home; but they came to no perfection in our Climate, by reason of taking wet (as I conceive) in bringing them.

Place.

They are planted in many Plantations in *Jamaica* ; especially near their houses, and serving for bounds and fences for their principal Gardens, and for hanging Cloaths, and other uses.

Time.

They flourish most part of the year, and have Blows, and both green and ripe Pease on them at one and the same time.

Name.

It is called by the *English* which there inhabits, *Seven years Pease*, or *seven years Vetches*; I suppose, because it continueth seven years with once planting.

They are very good food, and well tasted; but they must be moderately eaten, otherwise they oppress the stomach and head, by reason of their windy quality; yet I found but little difference between these and the former.

They are planted near unto houses, that so they may have always a Dish of Pease in readiness for themselves, or for a Friend, if need be.

Of Gourds both great and small.

TO give a particular description of them, would be altogether needless, it being better done already by several others that have written of them, which these do very much resemble.

Place.

They grow naturally wilde in *America*: in many Plantations they are also planted, and so they are sometimes here.

As for Cowcumbers, Pumpions, Musk-Melons, &c. I will forbear to treat of them, because there is already, in several Herbals, such a description given, as may very well serve to demonstrate what they are; only these are more delicious in taste, and are not so cold, because the Sun doth better concoct them.

Of the Water-Melon.

A Water-Melon is a very excellent fruit, some of them in shape like unto our middle-siz'd Pumpions, and as big;

big ; the substance within them spongy, tender, and well tasted ; and being cut, is something mixed with white and red : it is very moist and waterish, and the seeds are like them of the *Italian Musk-Melon*.

Place.

They delight most in hot Regions, as in the *Caribbee-Islands* they grow plentifully, and in *Jamaica* I have often eat of them, but they are altogether Novelties in these Northern parts ; yet I have heard that in *France* there are some, but very rarely : And here they will also grow, being raised as other Melons are ; but they seldom come to perfection.

Time.

In those hotter Countries they may be indifferently planted at any time ; and there are some of them to be had all the year, as of most other fruit naturally growing there.

Use.

This fruit is naturally very cold and moist ; and therefore it must be very moderately eaten, otherwise it is very apt to cause a Fever, by cooling the stomach too much,

much, and spoiling digestion ; it quencheth thirst , as I have often made tryal, and hath sometimes caused me to faint, as the drinking cold water hath done, by too much chilling or condensing the Spirits on a sudden.

I might now mention divers sorts of Herbs which we made use of , as Sampier, Purslane, &c. but they are so like in resemblance to those we have here , which almost every Herbal treats of, that it may very well save me that labour ; only the virtues and operation of them upon bodies there differ very much, every place being provided with things most suitable for it.

Of the Wheat of America , or Maiz.

OF this Wheat there are divers sorts, notwithstanding all of one stock or kindred , consisting of divers coloured grains, as white, blew, yellow, or Gold-colour ; some of a Straw-colour, some red, &c.

The stalks are much like that of the
Reed,

Reed, but bigger and stronger, full of
 spongy pith, set with many joynts, five or
 six foot high, big downwards, and so
 becoming small upwards: the leaves are
 not very broad, but long; some of the
 Ears on the tops of the stalks are a span-
 long, and almost as much about, inclosed
 in a film or sheath, as it were, from which
 there groweth a thing much like the
 Feather-top on the common Reed, divi-
 ded into many plumes, hanging down-
 wards, blooming, but without seed: The
 Flower is white, red, yellow or purple,
 &c. as the Corn is like to be: this Wheat
 is contained in very big Ears, which
 grow out at the joynts of the stalks, two,
 three or four from one stalk, orderly pla-
 ced one above another, covered with
 coats or films, as it were a sheath, out of
 which doth stand a Beard like that which
 grows upon Savoury, but greater and lon-
 ger: The seeds are great, of the bigness
 of common Pease; on the outer part
 round, on the other flat; very evenly and
 closely beset in eight or ten rows, from
 the bottom to the top of the Ear, some
 of a yellow or gold-colour, some white,
 red, blewish, purple, straw-colour, &c.

Place.

It groweth in many places in *Asia*, as I have heard, and in *Virginia*, as also in *America* in most of the *Caribbee-Islands*, in *Jamaica* in almost all Plantations : it delighteth in hot Regions most: they sow or set it twice a year, (*viz.*) *March* and *June*, and reap in the third Moneths after.

Time.

It is set or sown in very hot Countries at any time; but more to the *North* it is planted in *March* or *April*, and the fruit is ripe about *September*. I have seen some eared here, but no good seed therein.

Name.

In *America* it is called by some *Mazium* or *Mais*, or by others *Virginia-Wheat*, but we call it *Indian Corn*: It is also called by some *Fru mentum Turcicum*, and *Milium Indicum*: here in *England* it is, for the most part, called *Turkey* or *Virginia-Wheat*.

Vertues.

It is naturally very dry, and nourisheth very little; and the bread that is made thereof is meanly white, but very dry and hard, by which means it is hard

of digestion, affording little nourishment to the body, and it also bindeth; and yet notwithstanding this, some make bread thereof, but especially a sort of Puddings they make of the Flour of this Corn, which is excellent good: But the most common use they make of this kinde of Grain, is to feed their Cattle; as Hogs, Turkeys, Hens, Ducks, &c. as we feed ours with Pease: their most usual bread is *Casava*: (If I should tell how big some of their Turkeys are there, I think I should hardly be believ'd:) they use of the Flour hereof in *Chocolate*.

The Parots, and Paraketoes, are great devourers of this Corn; so that the Planters, a good while before it be ripe, are forced to set one to keep them away, or otherwise they will eat it all up.

Of the Sugar-Cane, or Reed.

THE Sugar-Cane is a kinde of Reed both pleasant and profitable, having long stalks, some six or seven foot high, (if you reckon the top-leaves, or branches and all) joynted or knotted much like unto the great Cane: the leaves

come forth of every joynt on each side of the stalk, long, narrow, and sharp-pointed, much like unto some Flags, or *Flower-de-luces*, but not so broad; and seem, at a distance, like those Sag-beds which grow many together in some extraordinary Moorish or boggy places in *England*; but of a more blewish green colour, much like the colour called a Willow-green. These Canes are not hollow; but the stalk, or body it self, is stuffed with a porous substance, moist and sweet in taste: from the root spring young Suckers (as they are called) which are cut away, and serve to plant elsewhere for increase; as also other shreadings, the ground being dig'd and ordered accordingly.

Place.

They grow in many places, as *Spain*, *Portugal*, *Albia*, *Barbary*, &c. in the *Mediterranean*, *Bra*, &c. as also in *America*, in most of the *Caribbee-Islands*, as *Barbados*, *Nevis*, *Jamaica*, &c. of which, I think *Jamaica* will produce the best Sugar in time, and the most.

Time.

These Sugar-Canes are planted at all times

times of the year ; for the most part in the *Caribbee-Islands*, by reason that they fear not the cold coming there to hurt them.

Name.

We in English call it the *Sugar-Cane*, or, as some call it, the *sweet Cane* ; but it is called by others, *Arundo Saccharina Indica*, or *Calamus Saccharatus*, &c.

Vertues.

The *Sugar*, or *Juyce* of this *Cane*, is of a temperate quality ; it drieth and cleareth the *Stomack*, and smootheneth the roughness of the *Breast*, *Lungs* and *Arteries* ; cleareth the *Voice*, and takes away *Hoarseness*, the *Cough*, and all *sourness* and *bitterness*.

Use.

Of the *Juyce* of this *Reed* or *Cane* is made *Sugar*, of which *Confections*, *Comfits*, *Syrups*, *Preserves*, *Conserves* of sundry *Herbs*, *Flowers*, *Fruits*, &c. are prepar'd ; but how that is done, I do not here intend to mention : Notwithstanding, I think it not impertinent to acquaint you, how these *Canes* are ordered after they be cut, for the producing and making of *Sugar* ; and this only at-

ter the same manner as I saw it in the Sugar-works in *Jamaica*.

When they come to maturity (which the Planters know by several signes, as well as we know when our Harvest is ready) they do cut them down at or above the first joynr from the ground; (for there is little moisture in them close to the ground) with a strong Instrument for the same purpose, laying them even in heaps, as we usually lay our Corn here in Harvest-time : then they shread off all the branches, and binde the stalks in bundles, ready for their servants to carry away; or else they lay them together here and there, till they can carry them away with their Horses to the Mill, Machine or Ingenio, where they squeeze them : which must be as fast as they can after they are cut; for if they lye long after they are cut before they use them, then they come by much damage; So that whilst they are cutting in the Plantations, the Mill is usually going, and the Coppers are boiling. They carry them on their horses, being loose, or bound up in bundles, after this wise : they have a kinde of Pad made as some of our horses have

have that carry burdens; and on each side of that are two crooks standing up even, or higher then the horses back; (when the Saddle or Pad is put thereon) into which crooks the Canes are laid on each side of the horse, and then they carry them up to the Sugar-Mill, which is made after this manner following.

They have an open house built on some pretty high ground or Hill, whereby they may have as much Air as they can, square, or at least pretty wide; in the middle of which they set up two great Posts, of very hard and solid timber, made exactly round and straight, with irons at each end fitted for them to turn, the lower end of which turneth in brasses fast fixt in a great and solid piece of wood: Now in one of these Cylinders, or Rowlers, which are to turn upright, is a Set of Coggs set round about, which takech always hold of the other Rowler, and causeth it to turn; so that both of them turn together: there being fastned to one of the Cylinders a piece of wood, or rather a frame of wood, whereunto is fastned a horse or two, to go round and draw it about, in

such a manner as most Brewers in *England* grinde their Mault.

Now the Mill being prepared, and the Canes laid by it, and all things ready to set them to work; there is one that doth always put the Canes between these Rowlers, as they turn, which draw them through, by turning very nigh one against another; so that it squeezeth all the juyce or moisture out of them: and then there is another always to take the crusht Canes away; unless one sometimes make shift to do both, which commonly is too hard a task.

Now under these Rowlers is set a Receiver, as a Trough, Cistern, or the like convenient thing, to receive the juyce or liquor that is squeezed out of the Canes: and from this Trough or Cistern, is a Spout or Conduet to convey this juyce into the Furnaces or Coppers, where it is to be boiled to Sugar; whereas, in some Sugar-houses, there are five or six Coppers for that purpose, which are commonly set in a house built only for the same use, at a distance from the Mill; and also somewhat lower then the Mill, because the liquor is always running down
into

into the Coppers : All which passages and Vessels must be kept very clean ; for otherwise, they are by reason of the great heat apt to sower, and so spoil the juyce : neither must the juyce be long kept after it is pressed out ; for if it once grow sower, it is not then fit to make Sugar.

These Coppers are set all one by another athwart the end of the Sugar-house, or Curing-house (as they term it) so that the upper edges of each Copper do almost touch each other, being fast fixed in Brick-work, and cemented round the edges, that no fire can get up, or be seen in the Sugar-house : But the mouth of the Furnaces where the fire is put, is so contrived, that they are made and appear on the outside the house, where before them is always ready cut great store of wood to cast in, to maintain the fire so long as they boil.

Now, if there be six Coppers, the first two are thinnest and biggest, in which the juyce is first boiled ; but not by a very strong fire, for that will make the Scum to rise, by casting in Temper, as they call it : the first of which that ariseth is little worth ; but afterwards, what is scum'd

C. 5; off,

off, they make a very good drink of, call-
ed *Locus Ale*, much used by the servants;
or else they convey it into a Copper-Still
(as they do all their other setlings and
dregs of Sugar) to be distill'd, and make
a sort of Strong-water, they call *Rum*,
or *Rum-bullion*, stronger then Spirit of
Wine, and not very pleasant, until a man
is used to it. This strong liquor is ordi-
narily drank amongst the Planters, as
well alone, as made into *Punch*.

Furthermore, when this juyce hath so
boiled into the two first Coppers, then is
it strained into the third and fourth Fur-
naces, which are less and thicker, and
there it is boiled by somewhat a greater
fire; and as it begins to grow pretty
thick, then is it put into the fifth and
sixth Coppers, and there boiled by a
greater and very strong fire, to a just con-
sistence: These Coppers are lesser and
thicker then the other, which the Master-
Workman doth always tend, with a great
deal of care, till it be boiled enough; then
they put it into wooden Boxes, made
broad at the top, and narrow at the bot-
tom, with a hole almost like a Mill-Hop-
per: then they set it in the Curing-house,
which

which is a place made to set them all in rows; under the bottom of which, Gutters or Troughs are placed to receive the *Malassiu*, and convey it into a Vessel. They cover the tops of these Boxes, or Earthen Vessels, with a temper'd white Earth: and indeed there is great art in whitening and making of good Sugar.

Those who work much in the Sugar-houses are very subject to the *Scurvie*, by reason of excess in the use thereof: not that Sugar is apt to breed the *Scurvie*, (for Salt will do the same, being immoderately used, as we see among Sea-men) but rather the contrary in both; for they are both Preservatives to the body, as well as to fruit or flesh, being used accordingly.

In *Jamaica* they have a very pretty and easie way for the producing of good Salt, thus: near the Sea-side they dig a low place, as it were a Lough or Pond, and pave it very even, and with a Sluice let in some of the Sea-water, an inch, two inches, or three inches deep, or more; and there let it remain, and the Sun in a short time turneth it into Salt: and if they have occasion to use it quickly, they
let

let in the less; but if they have a good stock, that they can stay longer, then they let in the more; for the more is let in, the longer will it be ere it become salt: which being done, they sweep it up, and keep it for use, and so let in more. And thus are they well provided with Salt to their Beef, Pork, &c. which will not keep sweet otherwise many hours after it is killed. But this only, by digression: I think it needless here to say any thing more of the Vertues of Sugar, it being so fully done by others already.

Of the Prickle Pear-Bush.

THIS strange and admirable Tree, or Bush, is as it were a multiplicity of leaves, with scarcely either Body or Bough, which may properly be so called; but rather a company of leaves, joyning and growing one after another, and spreading long and largely round about, some low, and some to the height of five or six foot. These leaves are pretty long and broad, not at all dentilated, but very thick in substance: some of them are almost an inch thick, being cut through the middle;

middle; much of a Sea-green colour, beset full of sharp and whitish prickles. From amongst these leaves comes forth a palish yellow, or rather a whitish Crimson-coloured Flower, set in a round Tuft; after which comes the Fruit, at first of the colour of the leaves, and almost resembling a Fig; in form narrow below, and bigger above; and the upper end or top being ripe, is of a clear Purple-colour, tending to a Carnation; the very top of which is almost like unto the top of a Medlar; and being cut, is full of a red, or rather Purple-coloured juyce, staining the fingers, and also the lips, being eaten: It is full of small stones, or seeds, on the top; and also just within the top, or rough place, like a Medlar, there is a prickly thing, which we call the *Spur*, from the resemblance it hath with the rowel of a Spur, which hath four or five sharp points standing out: The outer skin of these Pears (as well as the leaves and stems) are all over beset with small whitish sharp Prickles, that are apt, at the least touch, to stick in ones fingers, unless you gather them with Gloves, and wipe them off before you handle them with your fingers.

Place.

Place.

They grow in most of the *Western* Islands, in *Jamaica* very plentifully, in all low places by the Sea-side.

Time.

They grow green all the year, and have Blows, green Fruit, and also ripe Fruit on them at any time.

Name.

Some call it the Prickle Fig-tree, for the resemblance the fruit hath with a Fig: but most call it the Prickle Pear-Bush, and the fruit the Prickle-Pear.

Vertues.

This Fruit is very pleasant in taste, especially the juyce thereof, which hath a fine picquancy that extremely gratifies the palate: It is in quality cold and moist, very good to qualifie thirst, as I have experimented by eating them when I could not come at fresh water; but if you suck large quantities of it, it coloureth the Urine of a purple-colour. There may be many good Medicines prepared of this Tree, that may be as well internally as externally applied.

Now by reason of Sea-mens gulosity, when they come to fresh diet, Tumors

or Apofthemes are there very frequent; and for want of due provifion at the firft, or by the decay of Medicines and Simples in carriage, or elfe by the Chirurgions lucre, felling too much for his own private intereft, or by fome other accident, the Ships are often unprovided of neceffaries for this purpofe; fo that many are driven to make ufe of what they can meet with: The beft, I fuppofe, for fuch fwellings, are thefe leaves; for they are attractive, mollifying, digeftive, &c. I have taken thefe leaves and wrapped them up in wet paper, or in fome broad thin leaf; and roafted them under the hot Embers or afhes, till they became foft, and applied them to the place grieved, in form of a *Cataplafme*; and they have wrought effectually, beyond my expectation; yea, better then any preparation that could have been made from a well-furnifhed Cheft.

And it feems very apparent to me, Providence hath fo ordered the matter, that every Country is better provided with Medicines, and other materials at home (were they but known) then is poffible to be brought from other far diftant Regions:

Regions: for half the usual Dose of some Medicines given to a seemingly strong body, would work too strongly, that twice the quantity or usual Dose given at some times, would not work at all; which indeed may happen many ways, *i. e.* either by the Medicines being ill prepared at first, or by decay in carriage, by the difference of Climates or Constitutions, &c. So that all Chirurgions of Ships, and Mates, ought to consider with great circumspection, how they give Physick in hot Regions, which they fit and prepare for a cold one.

There is a Syrup made of the juyce of this Fruit, which hath often been given with good success in Fevers and hot Distempers, being also used in Juleps, &c.

Of the Spanish Pear.

THis is a reasonable high and well-spread Tree, whose leaves are smooth, and of a pale green colour: the Fruit is of the fashion of a Fig, but very smooth on the out-side, and as big in bulk as a Slipper-Pear; of a brown colour, having a stone in the middle as big
as.

as an Apricock, but round, hard and smooth: the outer paring or rinde is, as it were, a kinde of a shell, almost like an Acorn-shell, but not altogether so tough; yet the middle substance (I mean between the stone and the paring, or outer crusty rinde) is very soft and tender, almost as soft as the pulp of a Pippin not over-roasted.

Place.

It groweth in divers places in *Jamaica*; and the truth is, I never saw it elsewhere: but it is possible it may be in other Islands adjacent, which are not much different in Latitude.

Name.

I never heard it called by any other name then the Spanish Pear, or by some the Shell-Pear; and I suppose it is so called only by the English (knowing no other name for it) because it was there planted by *Spaniards* before our Countrymen had any being there; or else because it hath a kinde of shell or crusty out-side.

Use.

I think it to be one of the most rare and most pleasant Fruits in that Island:

it

it nourisheth and strengtheneth the body, corroborating the vital spirits, and procuring lust exceedingly : the Pulp being taken out and macerated in some convenient thing, and eaten with a little Vineger and Pepper, or several other ways, is very delicious meat.

Of the Dildoe-Tree.

I Thought this at the first sight to be a very strange admirable Tree, and indeed so it is. This Plant or Tree groweth up to the height of 12 or 14 foot, and some less, with many stems together in one place, being straight; and without leaves; but having furrows and ridges round the stems, drawn as it were exactly by a straight line from one end to the other, with here and there an Elbow, or short stem of the same substance, growing out of them, some a foot, or some two foot long; of a Willow-green colour, beset all over with whitish and very sharp prickles, almost like those of the leaves of the Prickle-Pear-Bush : the trunk or body of these stems (of the largest) are almost as big as a mans thigh; of a
softish

Softish juycie substance, easily cut down.

The Flower is of a whitish colour, after which comes the Fruit, beset here and there on a very short stem, close to the main body, especially towards the top: this fruit is as round as a ball, of a whitish colour, but no bigger then a Crab of a midling size: it hath externally a thin skin; but the meat within is clear, white, soft, and full of black specks or seeds.

Place.

They grow very plentifully in low sandy places, especially in the plains near the Sea; in *Jamaica*; and divers other Neighbouring Countries.

Time.

They have flowers and fruit; some green, and some ripe, growing on them all the year.

Name.

This Tree was long since called by the *Spaniards*, and by the *Negroes* that lived there, the *Dildo-Tree*; and the *English* retain the same name still, for the most part, although some there be that call it *Uragua*, and think it to be the *Euphorbium*; but I suppose it to be of another kinde.

Vertues.

Being eaten, they are of a sweet and luscious taste, quickly eloying the appetite; and may safely be eaten, for that the birds feed thereon: which was always an observation amongst us, when we travelled the Wilderness and Woods, where we found no provision otherwise, to eat of those fruits which the birds and fowls of the Air eat of, and also of the roots that the wilde Hogs eat; which might be done without danger, they being indued with a more natural knowledge then man to chuse the best for food; and therefore we always esteemed them true Tasters: for indeed there are very many Dormitive stupifying roots, fruits, &c. burthenfome to nature; by which natural knowledge or antipathy, the Beasts will not so much as touch them, and the birds and fowls will very rarely light upon those Trees.

Of the Goavo Tree.

THIS Tree hath several small Bodies or Stems growing near together, or from one root, seven or eight foot high

high; from which spring forth, in several places, small branches, whose leaves are of a yellowish green colour, amongst which cometh the fruit, which is as round as a Gall (of which Ink is usually made) but somewhat bigger: at the first greenish; but when they are ripe, they become of a brownish colour.

Place.

They grow upon most Upland grounds in *Jamaica*, and most of the *Caribbee-Islands*.

Time.

It flowreth, and the Fruit ripeneth after the same manner as most other Fruits before spoken of.

Name.

It was called by the *Spaniards*, *Goavo*, *Gavab*, or *Guavor*; and also by the *Negroes*, which were then their Slaves, and being left upon the Island of *Jamaica*, have since made their composition with the *English*, and have Governours, and live peaceably under the *English* Laws; and have also the freedom of the place to Plant, Hunt, and Trade with us; shewing to any *English* man great respect, especially strangers, as I very well know, who

who have been amongst them for a fortnight together, with all the civil entertainment they could afford, and not cost me one groat; but rather taking it as an affront to proffer them money, coming but as a stranger to see them.

Vertues.

It is, being fully ripe, by reason of a pretty picquancy it hath, very grateful in taste; cooling and refreshing, and may safely be eaten, as other fruit, with moderation.

Of the Orange-Trees.

THere are in *America*, in most of the *Caribbee-Islands*, many Orange-Trees naturally growing in the Woods and Deserts, where are as yet no Inhabitants nigh them; as upon *Hispaniola* and *Cuba*; but especially upon *Jamaica*, where are the most that ever I saw, at a place called *Orange-Bay*, where they grow so plentifully, that they are the only Trees of that place, almost touching one another for the compass of many miles, unless it be here and there a *Savana*, or very low place: they
are

are very tall and well-spread Trees ; of a dark green colour, which have always Blows, green Oranges, half ripe, and quite ripe fruit on them at all times in the year. Also under them lye such an innumerable number both of rotten and sound ones, that it is at the first a very strange sight to behold : So that were it worth ones while, many Ships might be laden with those that are sound and good from that place. They are of two sorts ; one sharp or sowrish, used for Sauces, and in drinks ; the other sweet, yea, for the most part, sweeter then those we call *China-Oranges*, and are made but little use of there.

To write more, either of the description of the Tree, or vertues of the fruit, were needless ; it being better done by many already, then is likely to be performed by my unworthy pen ; to whom I refer you for further satisfaction.

Of the Lemmon-Tree.

TO write any thing of the description, use or vertues of this Tree or Fruit, were but lost labour, and to no purpose ;

purpose; it being so well done by others already, which doth correspond, in all respects, with those in *America*: neither is this kinde of fruit very plentiful in these Western Islands.

Of the Lime-Tree.

THis groweth up to a reasonable tall and well-spread Tree, almost like unto the Orange-Tree, saving that the leaves are somewhat smaller, and of a more palish green colour: and also, besides the main body of this Tree, there is often several other smaller stems that grow up from, or near to the same root: and likewise many branches spring forth of the body, not much distant from the ground; all which branches or boughs of this Tree, as well as the trunk of it, are beset with whitish prickles, almost like the Barbary-Bush, but not so full: the blossoms are much like those of the Lemmon-Tree, after which cometh the fruit; at first, very green, smooth and oval, like that of the Lemmon, but generally much smaller then Lemmons are; and when they be ripe, they are of a yellowish
green

green colour, as some Lemmons are also.

Place.

They grow naturally, in many places in the Woods, in most of the *Caribbee*-*Islands*; especially in *Jamaica* I have often gathered them.

Time.

They have very young, green and ripe fruit on them, if they are not otherwise prevented by gathering, &c. at all times.

Name.

The name I have mentioned before: for the truth is, I know not by what other name this Tree is called, then the *lime-Tree*; and the fruit is called *Limes*.

Vertues.

The juyce of the fruit of this Tree is sharper then the juyce of Lemmons, and excellent good against the *Scurvie*, being frequently used, as I have often made trial: it quencheth thirst, and is very good in sawces for Feverish distempers. In a word, it performeth all things that the juyce of Lemmons doth, but more effectually. Also the juyce of Limes is exceedingly much in esteem in *America* for the making of *Punch*; a drink which most there use, to be merry withal;

D. and

and the chiefeſt liquor they make uſe of to entertain ſtrangers and friends. It is made of Spirit of Wine (or elſe with *Rum*) Water and Sugar, with as much of the juyce of Limes as will give it a fine picquancie or ſharpneſs.

Of the Red Pepper-Tree or Buſh.

THIS Tree (or rather Buſh) groweth up almoſt like unto our Curran-Buſhes, to the height of about four foot; but the leaves are ſmaller and narrower, and tending to a Graſs-green colour, as the fruit at the firſt alſo is; but afterwards, when it is ripe, it becometh as red as blood: it is ſet here and there, all over the Tree, upon little ſhort ſtems; on the end of which, at the firſt, there cometh a little Button, growing bigger by degrees, until it be of the largeneſs and proportion almoſt of a Sheeps Heart: towards the Stem or Baſis big, and ending like a Pyramid. This Fruit, (or Pepper-cods, as they are called) are externally ſmooth, and a little thicker then brown
paper,

paper, but not very tough; which in time becometh here and there impressed, and full of yellowish seeds, when they are full ripe.

Place.

They grow in many Plantations in *Jamaica*, especially at *Port-Morant*, and ever at *Liganee*, at a place which is called by the name of Major *Harington's* Plantation, as having the first possession of them after the English came there. They are, for the most part, planted in Gardens near unto their houses; the fruit being of daily use for Pease, Chocolate, &c.

Time.

They have great store of these Heads growing on them of all sorts, *i. e.* young small ones: when large, they are green; when largest, very red; which are then ripe, and fit to be made use of.

Name.

I know no other name it hath then *Chilli*, red Pepper, or *Bastard-Pepper*; so called by the English Planters, I suppose, because the external part is red and biting, like as *East-India* Pepper is; and so are the Seeds.

It is in temperature and vertue hot and dry, as white and black Pepper is, and as biting in taste: the rinde or outer part of these red heads being cut small, may be used with the seeds for all such purposes as other Pepper is; and for that reason it is planted near unto their houses, to be ready, upon all occasions, to eat with Pease, and the like, to expel the windiness thereof, and is used in Chocolate.

Of the small Red Pepper-Tree or Bush.

THis groweth up almost after the same manner as the *Barbery-Bush* doth, but hath not so many stems together, nor is it usually so high as some *Barbery-Trees* are; and besides, it is without prickles; otherwise, both for stock, branch and leaf, it is much like unto it; and the fruit is of a more bright red colour, whose form is somewhat like the *Barbery* (when both are ripe) but bigger; at first of a green colour, and afterwards

wards red : and they are also full of yellowish seeds, and grow but one in a place, being set all singly upon little stems.

Place.

It groweth in *Jamaica* frequently in the Plantations, as the other before-mentioned doth.

Time.

There is green and ripe fruit upon these Bushes at all times.

Name.

I know no other name it hath but the small red Pepper; I suppose so called, because it is smaller then that before specified.

Vertues.

It is in nature hot and dry, biting; and used to all intents and purposes as other Pepper is.

Of the Sweet-scented Pepper.

THIS Pepper is not very plentiful, for I never saw it but in *Jamaica*: it groweth much after the same manner as the *East-India* Pepper doth; a description of which several have written, which may

very well save me the labour at this time of further troubling my self in that respect.

Place.

It groweth naturally in some places in *Jamaica*.

Time.

It keepeth course with all other Trees and fruit of the Island ; that is , for the most part, all times alike.

Name.

It is called by the Planters Sweet-scented Pepper , because it hath a very sweet smell ; and Pepper , because it is much like ordinary white Pepper , both for colour and smoothness ; but the Corns are bigger, and more brittle.

Vertues.

It is hot , and a little biting on the tongue , but not comparable to the other sorts before-mentioned : it is often used in Chocolate; not so much for the wholesomeness of it, but for the pleasant perfume it sendeth forth whilst the Chocolate is hot ; it being beaten , and having a small quantity put therein ; but if you put in much, it is apt to cause the Head-ach. I brought a good quantity of this Pepper into *England*.

Of

Of the Maucaw-Tree.

I Do not mention this Tree so much for the use that I have ever made of it, but for that it was shewed me particularly by the Chief Governour of the *Blacks* (before-mentioned) at his house at *S. Jago-de-la-vega*, the principal Town in *Jamaica*: whilst the *Spaniards* had possession there, so called; but now it is called *S. Deaugo*; the streets of which were kept as even as a Bowling-Green. This groweth to the height of a Lime-Tree; the leaves have three corners, as it were, in the form of a Heart: its flowers or blossoms are of a pretty big tuft, of a white and reddish colour; and after them come little husks or thin shells, in which are seeds almost as big as a Vetch; and being full ripe, are of a pure Crimison or reddish colour, apt to dye the skin so with a touch, that it cannot quickly be washed off: So that were some Ladies acquainted with this Rarity, doubtless they would give much for it.

Place.

It groweth in *Jamaica*, and in other

D 4.

of

of the *Caribbee-Islands*; being planted by the *Caribbeans* in their Gardens, as a very choice Tree.

Time.

It is planted at any time, in the *Spring*, *Summer*, or *Autumn*; being there all the year in season.

Name.

It is called by several names: the English Planters call it the *Maucaw-Tree*, from a curious-coloured *Wilde-Fowl*, in those parts (much bigger then a Parrot) called a *Maucaw*: some call it the *Rocow* or *Roucou-Tree*; others, *Lignum Asbestinum*, or *Lignum Indicum*, or *Achiote*.

Use.

It is in much esteem with some curious Painters, Limners and Dyers that are acquainted with it; and also it is in much request with the Native Indians; for therewith they colour their bodies red, thinking thereby to appear more terrible to their Enemies when they go to fight in War: it is used much in *Florida*, (a place near the Gulf so called) as I was told when I was in sight of it.

If you take two pieces of this Wood,
and

and strike or rub them hard together, they will sparkle as a Cane, or Flint and Steel; so as that it will light Punck or Tinder.

Of the Bark of this Tree is said to be made Lines which will last very long; so that some call them *Linum Vivum*.

The Root is of a grateful taste; used by some instead of Saffron: the Wood of it is good for firing: some prepare it, and put it in Chocolate.

Of the Momin-Tree, or Toddie-Tree.

SOME of these Trees grow up till they are twelve or fourteen foot high, streight in the body or stem, and have few branches till within a yard of the top, where they spread forth very orderly round about it; the leaves being long and green, growing all along on each side of the Boughs, as the leaves on the Willow-twigs are set. Neither the Body or Boughs of this Tree are very solid, especially the Boughs, but tender, spungy, and easily cut: and out of the Boughs

of this Tree (being cut) will issue a transparent liquor. The body or stem of this Tree being not very big, but rough, the people will climb up to the boughs thereof, cutting them in such a manner, as they can shut them again as they please; under which hole or cut they usually hang a *Gourd* or *Calabesh*, to preserve and take the juyce that issueth out of the branches very plentifully, especially in the night, tying or stopping the place again in the day; or else by the powerfulness of the Sun it flows so freely, that it endangers the loss of the Tree: besides, that which flows in the day is not so good or wholesome as the other, it being much more crude or raw. This Tree beareth close to the head of it a fruit, almost like in form to a *Cucumber*; and when it is ripe, there are in the middle seeds inwrapped in a white substance: These seeds, after they are taken forth, are of a sparkling yellowish colour.

Place.

This Tree groweth naturally in the Woods in several places in *Jamaica*. In the Plantations at *Liganee*, I have been invited to drink my mornings draught of this pleasant Wine.

Name.

Name.

It is called by some the *Mamin-Tree*, or the *Mamee-Tree* ; by others of the Planters *Toddie-Tree* : and the liquor or Wine that runneth out is called *Toddie-Wine*, or *Mamee-Wine*.

This Wine ought to be drunk very moderately, or rather Physically ; that is, one glass in a morning, and no more : it is of a penetrating quality ; and therefore an excellent *Diuretick* : it is also most effectual for the preventing and curing the *Stone*, *Collick* and *Strangury*, being applied with judgment, or else it may offend the head ; and doubtless it may have many other vertues which I am unacquainted with.

Of the Pine-Tree.

There are many sorts of Pines, some higher, and some lower ; and amongst them all, this may very well be called the *Low-Pine*, by reason it attains not the height of many we have in *England* ; yet the Tree and Branches do much resemble other Pines ; also the fruit is scaly all over, and larger then the

the more common Pine-Apples are.

It groweth in *Jamaica*, and other Neighbouring Countries thereabouts.

It is called the Pine-Tree, and the fruit thereof Pine-Apples, from the resemblance they have with Pines in other parts.

The fruit is exceeding pleasant when it is ripe, a better is scarce to be found; very nourishing, and of many uses both in Diet and Medicine: but this rare fruit is altogether a stranger in this Northern part of the World; yet I was told at *Barbados*, that once a Merchant ordered the matter so, as he brought one perfectly good into *England*.

There is another very remarkable fruit, called a Sowr-sop, which I can give no good account of, because I never saw it grow, yet have eaten of the fruit it self.

Of the Cocus, or Coco-nut-tree.

THis Tree is, when young, very tender; but as it becomes more lofty, so it grows more solid and strong: the body is straight and smooth, and in circumference

circumference equals the waste of a man at the full growth : in height, twelve or fourteen foot : round about the top (and so a yard or two down) spring forth many boughs or branches, but without any fork in them, beset very thick with long and slender leaves, almost of a Sea-green colour.

At the roots of these boughs, as low as they grow round, about the head of the Tree, grow the fruits or *Cocus-nuts*. This Nut is at first, whilst it is young, of a green colour; but when they are ripe, they appear outwardly of a brown or whitish brown colour: they are of several sizes, some bigger, and some less: the largest of them are (husk and rinde) two foot in circumference: they are almost oval, and their outer rinde is very tough and thready; so fast fixed to the shell, that it is hard to be gotten off: This rinde is nigh an inch thick, under which is a rough strong hard shell, some of them black, and some brown or yellowish. In the top of each of these shells there is three holes, by which the inner cavity receiveth a continual supply of nourishment: Just within this shell, sticking close

close thereto, is a milk-white kernel, about half an inch thick ; and the hollow cavity within the kernel is full of a thin, clear, sweet water or juyce, which is as a viand to them.

Place.

They grow in *Jamaica*, and in most of the *Caribbee-Islands* : and in a small Island, called one of the Keys of *Cuba*, they grow so plentifully, that they have supplied the wants of at least sixty men for four or five daies time : For I remember, a Dutch-man having over-shot his Port, and being in great scarcity of provisions, by reason of contrary Winds at Sea, put some of his men on shore in this Island, where they found plentiful supply of these Nuts for all their Ships Company, who afterwards put into *Green* at *Jamaica*. These Trees are commonly planted on each side of the Walks in their Plantations, and nigh to their dwellings.

Time.

It groweth green all the year ; and as you gather the Nuts, there still grow more, every moneth producing its fruit : and some Trees have fifty or sixty Nuts.

Nuts at a time growing on them.

Name.

This Tree is called the *Cocus-nut-tree*; and after the same name is the fruit called, *i. e.* *Cocus* or *Coco-nuts*; or else by some *Nux-Indica*, from the nearness of taste the kernel hath to our Small-nuts.

Use.

This Tree is of a softish substance, full of moisture; which if you cut, there floweth forth a thin juyce or liquor, such as cometh from our Birch-trees, but much more pleasant; and is ordinarily drunk, and Medicinally used: The Tree being cut down, (which is easily done) and split out into boards, and laid in the Sun to dry, they become very tough; and are durable, to make both the walls or roofs of their houses. I have been told by the *Negroes*, that in *Guinee* they take the outer rinde of these Nuts (they being of a fibrous substance) and tease it, and card it out into a kinde of *Okam*; and then make Ropes and Cordage thereof, and also Sails for their Boats, and such other uses: but in *Jamaica* they esteem it not, being better furnished with other materials for that purpose. Of the hard shells
(polished).

(polished) are made very handsome drinking Cups; for which purpose some use them in *England*. The kernel is very good Aliment, being moderately eaten; (for else it is apt to oppress the stomach, being somewhat hard of digestion) it is as pleasant in taste as our Small-nut-kernels are: This kernel being stamped, and the milky juyce being first gently squeezed forth, and then more hardly pressed, it yieldeth a precious Oyl, both for meat or medicine; good to assuage pains, and to anoint wearied limbs after travel: the Wine, or liquor within, quencheth thirst, refrigerateth the spirits: Also, take the kernel and beat it a little, and put thereto the liquor that came forth of the Nut, and then strain it forth, and it maketh a perfect and pleasant Milk, both in colour and taste; so that it is scarce to be discern'd by them that are not well acquainted with it, but that it is the milk of some Animal. This is frequently used in *Jamaica*, and is nourishing and corroborating; by which the usual Proverb is made good, that this Nut affordeth both meat, drink and cloth.

Of the Calabass-Tree.

THis Tree groweth up almost to the height of our Apple-Trees, but the boughs and branches are more slender and weak: the leaves are smooth, and of a darkish green colour: the fruit groweth scattering all over the Tree, as Apples do, beset with short stems: at the first they are green and soft; but when they are full grown, their outer part or shell hardneth almost as a *Gourd* doth: the external green rinde being scraped off, the shell appeareth white: So that if you grave any curious work through the exceeding thin outer green rinde, and then let it remain till it be dry, it will be very neat and handsome; but the green being dry, becometh of a brown colour. Within this shell are many white seeds, set in a Phlegmatick white substance, much like the pith of a Wall-nut, long before they are ripe; in which there is a liquor that smelleth much like Wine, which I have been told the *Indians* drink of; but for my own part I like it not. This fruit (for so I think it may properly

ly,

ly be called, because the Tree bears no other) is of different sizes; from very small proportion, to the bigness of the greatest Musk-Melon: for shape; some long, some round, some oval: Some of them, when the pith is picked out at a hole in the end, will hold two or three quarts of liquor.

Place.

They grow plentifully, wilde in the Woods, amongst other Trees, in most places in *America*.

Time.

There is of this kinde of crusty fruit growing on the Trees all the year, of all ages; i. e. some in its infancy, some in its youth, some middle aged, and some old and decrepit.

Name.

They are called *Calabash*, or *Calabaza*-Trees, and the fruit is called after the same name: Some call this the *Gourd*-Tree.

Use.

There is in these *Calabashes* a kinde of liquor which smelleth more pleasant than it tasteth, yet some drink thereof. There is made of this fruit all such uses as there

is of the *Gourd* ; *i. e.* Tobacco-boxes ; the pith and seeds being picked out at a little hole : and they being cut in the middle, the Inhabitants make necessary furniture for their houses therewith ; as dishes of several sorts, carved, graven and plain ; the smaller of them being used to drink their breakfast of *Chocolate* in the morning, and also as necessary Vessels to drink such other drinks in as the Island affords, as *Mobby, Rapp, Perrino, Locus-Ale, Rum, &c.* which drinks are made of Roots, Fruit, Sugar, &c. some being brewed or prepared every day, (being apt to sower) others for a longer time, as *Rum, Locus-Ale, &c.*

These Boxes are much used to carry some kinde of strong liquor in (as *Rum, or Brandy, or the like*) in a mans pocket, to take now and then a dram to support the Spirits in walking far, or travelling the Country ; it being very ill and dangerous to drink water at such times, as Experience hath taught me, by fainting thereby, in drinking freely thereof when I was hot with walking.

Of the Cotton-Tree.

THis Tree usually groweth up to a reasonable good height, handsomely spreading it self forth on all sides, and is tending towards a brownish green colour: the leaves are small, and pointed: it beareth a flower, almost in form like unto the Sweet-Bryer-Rose, but the colour thereof is yellowish; and after the blossoms are fallen, there followeth a kinde of greenish Button, or round Knob, almost as big as a Tennis-ball, having a thin crusty shell; and when it is full ripe, becometh of a blackish colour. Now in these round Buttons is fast shut up the Cotton, which buttons in process of time naturally open themselves in several places, out of which the Cotton falleth, if it be not timely gathered; it being full of black seeds that grow inclosed in the same shell, which before it be made use of, are picked forth.

Place.

It groweth in *Jamaica*, *Barbados*, and most other Neighbouring places thereabouts.

Time.

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Time.

It flourisheth all the year, as other Trees.

Name.

It is called by some *Algodon*, by others *Gossipium*; but by us, it is called *Cotton*.

Vertues and Use.

The seed of Cotton is said to be good against a Cough, and for such as are short-winded: it stirreth up lust; and the Oyl pressed out, taketh away freckles, spots, and other blemishes of the skin: the ashes of the wood burned, stop the bleeding of wounds: the powder thereof is rettringent, and may be used as Bole; as also the Cotton may be applied. Also of this Wooll is made most of the beds they lye in, called *Hammacks*, or *Hammakers*, which are tyed up at both ends athwart a room, so that ten men may very well lodge in one room, and presently in the morning lay by their beds, and have the convenient use of the same until night again; in those parts there being rarely any other used: for such Beds as we lye in here, do too much heat the body, and weaken Nature thereby.

by. Besides this, we see here the daily use of this Wooll in making Fustians, Bumbast, Stockings, Gloves, &c.

Of Cotton-bushes, or Shrubs.

OF Cotton-bushes there are two sorts; the one sort growing up like small Rose-bushes, the other more like unto a Vine that is not supported, whose leaves are almost like them of the Parsley, Grape-Vine, or of the Herb Vervaine, but smother: it hath many yellow Flowers; those being fallen off, there remain many little Cods, bigger and rounder than a Bean-Cod, of which the substance within at first is yellowish; but when they are ripe, the outer crusty covering breaks, and in a short time that within becomes Wooll as white as milk, which the people gather for uses; amongst which is a blackish seed, which they keep together to sow again, as they have occasion.

Place.

It groweth in many places in *America* in their Plantations; and as I have heard, is much like that which groweth nigh unto the *Mediterranean-Sea*, in *Arabia*,
Egypt,

Egypt, Cicilia, &c. as also that in East-India.

Time.

This Seed is sown, in some Countries, in the plowed Fields in the Spring, and cut down at Harvest, as our Corn is; and the ground stercorized, tilled, and well ordered again for the next year: for in some places one sort of these Shrubs is a Plant but of one years continuance; but in the *Indies*, that I chiefly speak of, bears Wooll three or four years before it is supplanted, as I was informed.

Use.

The use of this is the same with the former, for all intents and purposes; and of the best of this Cotton-wooll is made the very finest Calicoes that are.

Of the Bonana-Tree.

THis Tree doth very much resemble an Herby substance; and some of them attain to the height of five or six yards (if we consider the leaves and all) and some are lower, according to the good or bad quality of the ground they are

are planted in: The bodies (of the largest siz'd of them) attain to the circumference of a mans middle, at the lower end thereof; growing taper or smaller upwards, as other Trees do: yet these Trees, when they come to their full growth, even then they are of so soft and spongy a nature, that a man may with three or four stroaks with an Axe fell them down to the ground; nay, you may with a good strong knife quickly cut them off a yard from the ground. When they are a yard, or four or five foot high, the leaves spring out of the top, and begin to spread themselves; and as those flourish, and the Tree increaseth in height, so there is more and more leaves spring forth; some of which the Planters break off, that they may not become too burthensome to the Tree.

These leaves are some of them a yard and half long, and half an Ell, or more, in breadth, as I have measured them in the Plantations in *Jamaica*: they are of a dark green colour, and on the upper side very smooth; on the lower side, they have a big sinew or rib, running along the middle thereof, like unto a Col-

wort-

wort-leaf; on each side of which (as from the Spinal) smaller ribs extend themselves : and among the leaves , towards the bottom of them , about the head of the body of the Tree, comes forth the fruit , beset round about the stem a foot, or a foot and a half in length, bigger then a mans thumb ; all growing close to one another on their stalk , or soft stem, so that they touch each other ; and to the number of twenty, thirty, or forty on a stem : at first green ; but when it is ripe, tending to a yellowish colour ; a bunch of which being cut off (if they are of the biggest) is as much as a man can well lift with one hand ; like the bunch of Grapes mentioned in Holy Writ. The outer part of this fruit is to be peeled off, which is in substance almost like unto a Green-Bean-shell, but softer : under which shell the meat appeareth softer then the most mellow Pear ; in form almost round ; about three or four inches in circumference, and in length about five or six inches, being ripe : which outer rinde doth then very easily peel off from the meat ; but until it be full ripe, it is very hardly separated :

The meat thereof is of a very mellowish
taste and substance, without either seeds,
stones, or kernels in it.

Place.

These Trees grow in many places in
America, as in most of the *Caribbee*-
Islands. In *Jamaica* they plant them near
their houses, especially on each side of
their Walks, for shade and ornament.
Also they plant them by the *Cacao* Trees
whilst they are young, to shade them
from the excessive heat of the Sun: they
prosper best in low and fat ground.
I once walking under the pleasant shade
of these Trees with some of my Native
Countrymen, who at that time had Plan-
tations in *Jamaica*, and there inhabited
amongst other discourses (I being then
but a meer stranger) told me how won-
derful fast this Tree did grow, where-
upon words then I could scarcely credit: but
to try the truth thereof, one of them
with his knife cut off a young Plant
Tree in the middle, and so we left it
at dinner-time, which was about the space
of two hours; and then returning again
to view it, we found the middle-part
the stock we had before cut off, grown
off a

forth more then a compleat inch: and many other things as strange and wonderful, as that I could hardly credit or believe from bare report, till mine eyes had seen them.

Time.

From or near the Roots of the larger Trees, shoot forth young Sprigs or Suckers, which are usually taken up for increase, at any time whatsoever; for they flourish and bear fruit the whole year round.

Name.

These Trees are called *Bonano*, or *Bonanz-Trees*; and the fruit thereon are called *Bonanas*, both by *Spanish*, *Negroes*, and *English* Planters; although some say they are called *Palan*, or *Pican*; but I doubt they mistake the fruit.

Vertues.

This fruit is excellent good both for meat and medicine; good for the Reins, Kidneys, and to provoke Urine; and it is said to nourish the Childe in the Womb; but being immoderately eaten, it oppresseth the stomach, especially of the Inhabitants; for our hot stomachs carry off a greater quantity without any of-

fence, as I have many times made tryal : It is excellent good food in time of scarcity, very nourishing, exhilarating, and provoking to Venery ; and although they are said to be purging to some if they are freely eaten , yet they are also good against a Flux, and that a *Dysenteria* , as my self have made tryal. When they are full ripe, the Planters peel them, and macerate the meat , either alone , or with boiled Potatoes and water, &c. and make very good drink thereof. These, and many other uses are made of this fruit, which if they are not full ripe when they are first gathered, the bunches hang'd up in their houses soon come to maturity.

Of the Plantan-Tree.

THIS Tree is in all respects so much like unto the *Bonano-Tree* before mentioned , that if you see not the fruit it is hard to distinguish them ; only there be any difference , it is, that the Tree is rather the bigger in body, loftier, and the leaves rather longer and broader : the fruit groweth in great bunches as the other doth , but bigger and heavier

heavier : at first green, there being many together upon one stalk ; but when they are ripe, both the rinde and meat within becometh more yellow then the *Bonana* : they are in form like the *Bonana* , that is, almost round , but somewhat bigger in circumference, and longer ; and are also crooked, or a little incurvated.

Place.

It groweth as plentifully in *Jamaica*, and other adjacent places, as the *Bonana*-Tree doth ; and is planted for all such purposes as that is, and esteemed the principal of the two.

Time.

It is planted at any time, and groweth up very speedily, as the before-specified Tree doth.

Name.

The *Negroes*, which were heretofore the *Spaniards* Slaves, call it the *Plantain*-Tree, and the fruit *Plantans* ; and so do we call it after the same name : yet some call it by the name of *Palan*, which I think is more properly attributed to this then the other : this is the Male, and the other the Female, as some think.

This fruit hath all the vertues that the *Banana* hath, but more powerfully; it is soft, mellow, the outer peeling being taken off, and rather pleasanter in taste: they are of excellent use both in Meat and Medicine.

Of the Indian Cabbage-Tree.

TO tell some people that there is such a Tree in the world (as I here mention) will I know seem ridiculous, and a meer fable: but I shall endeavour here to let fall nothing from my pen but the truth.

This Tree groweth to a great height, the Body or Trunk thereof being straight, smooth and herby, or not very solid, and few boughs or branches on the lower part; but towards the top, there spring forth many small twigs or branches, without any fork at all, beset on each side with small and long leaves, almost like unto the Date-Tree: Some of these Trees grow to the height of twenty, thirty or forty foot; which may seem incredible, but it is not so strange as true. This Tree

is not hard and solid, but may easily be cut down; and that part which is called the *Cabbage*, is a yard or two, or less or more off of the top, according as the Tree is in age and height: it is externally green; but the outer-side being taken away, within there appeareth a more white substance then our *Cabbages* have, and more close and firm, one fold incompassing close upon another, which may easily be separated.

Place.

This Tree groweth (as I have been told) in several of the *Caribbees*; but for my own part, I never saw it, or eat of it, in any other place then *Jamaica*. They grow near unto the fresh-water river, as you go from *Cagaway* to the Passage-fort, far within *Lima*, where they usually fetch Chalk or Lime for building; but it groweth naturally in other places of that Island.

Time.

It flourisheth all the year; for the last time I eat of it there, was in *Christmas*, in the year ---60.

Name.

I never heard by what name either the

E 4.

Spaniards

Spaniards or *Negroes* called this Tree, but our *English* Planters call it the *Cabbage-Tree*; and very fitly they may, from the resemblance or similitude it hath with our *Cabbages* here.

Use.

The lower part of this Tree being cut out into boards (which is easily done) and set up in the Sun for a time to dry, are very good to make up the walls of houses, to bound Gardens and Plantations, &c. for which purpose they are very durable. So much of the top as is white and pretty soft, which is the *Cabbage* itself, being cut, and one fold taken from another, and well boiled, is very good Aliment, eaten with Butter and Vinegar, and doth very well agree with our hot stomachs, while we are in health, being eaten moderately; which otherwise is windy, apt to oppress the stomach, and offend the head; especially in those that have lived any long time there, by reason of the weakness and decay of natural heat.

Of the American Physick-nut:

THis Tree groweth up to no great height, and in the Stem it groweth to no great bigness, but many together confusedly, as our Privet doth, but is not at all like it in resemblance or shew, but doth more represent the fig-tree; yet the leaves of this Tree are not nigh so broad, but longer and softer, ending in two or three points; which being wet, are very apt to stain. This Tree beareth several yellowish flowers, which in due time fall away; and after them there succeeds a Nut or Button, as big as a reasonable Wall-nut, but round; which at the first is green and soft, afterwards it is harder and yellowish; but being quite ripe, it becometh more hard, and of a brown or black colour: but this outer shell being thin, is easily broken; or if it be let grow long, they will naturally open of themselves in three several places: for there are three distinct partitions in this outer shell (being opened) divided by a skin or pellicle, like that which divideth the kernel in a Wall-nut:

in every one of these three partitions there is a Nut (for I never saw more in one outer shell) of the bigness of a Horse-bean, or a little bigger then Pistatoc-Nuts are ; but these are oval in form, except the inner side of them, which is naturally a little flattish, for the better growing of them close together : The shell of these inclosed Nuts is not much thicker or harder then a dry Acorn-shell is, being as smooth as they are, but of colour very black, all over inlaid with small milk-white veins, or streaks, and on the top of each a very white speck which in my opinion adds more comeliness to them, then Black-Spots do to Ladies and Gentlewomen.

Place.

These Trees grow very frequently in many parts of *America*, in most of the *Caribbee* Islands : in *Jamaica* I had many of them ; but the most that I ever saw was in *Barbados*. These Trees are often planted, and are fit boundaries to the Gardens and Plantations, serving to hang the Cloaths thereon whilst they are dry for being wet, they are very apt to stain Linen.

The time for them is always: for as the common course of Nature is, as one goeth, so another comes.

Name.

These Nuts are most familiarly called with us *Physick-nuts*, or the *American Physick-nuts*, as growing most frequently in those parts: but by some it is called *Nux-Indica*, and *Nuccs Purgantes*, and *Vomica*; or the Nuts that do purge upwards and downwards at one and the same time.

It is only the kernel of this inner Nut that is made use of in Physick; and of that too, only the thin film or skin that enwrappeth them, which doth work the effect: for if this outer thin skin be peeled off, which is just under the shell when they are cracked, you may safely eat many kernels together without any disturbance at all, as I have for tryal often done; and for the pleasantness thereof, being not much different from the taste of our Wall-nut kernels when they are so peeled, I have eaten to the number of twenty or thirty at a time, or more; and that newly taken from the Trees, which

which are then more operative then afterwards, when they are dryer ; for three of them newly gathered, and taken skin and all, (especially those three that grow together , for there is a great matter in that) will sufficiently work in a young weak body , especially such as are Naturaliz'd to that Air , three being the ordinary Dose ; (given in order, as purging Physick ought to be given:) but for stronger bodies , five, seven or nine are sometimes given ; for they always observe to give an odd one ; but for my part, I found that six or eight wrought as well : the number increased with discretion, will work with any Constitution ; and they work *Sursum & Deorsum*, upwards and downwards ; and that moderately, and with far more safety upon those bodies, then any Chymical preparation whatsoever: the certainty of which, either by preparation or transportation, being nothing but uncertainty. These Nuts being administred *Secundum Artem*, work very notable effects on the body of man, even beyond expectation ; although that cannot be expected here , because they grow dry by Transportation , how
carefully

carefully soever they be kept, and loose much of their Natural Vertue. These are necessary for such Chirurgions of Ships as go not well fitted into those parts, to preserve their Chests and store of Physick to make use of at Sea, when no other is to be had. They purge out all tough, viscous and naughty humours that clog and disturb the body: it is not at all burthen some to Nature, as I have seen by more then ordinary tryal: for one of our Ships Company hapning amongst them, did crack and eat the kernels, film and all, (for they have a very good relish) before he knew what they were, thirty or forty at the least; yet he came off very well, and thought himself the healthier the whole Voyage after thereby: and I think no Chymical Physick that worketh after that manner, exceeding so much in quantity, but would have destroyed a man as strong as *Goliath*.

Much more might be said in the praise of these Nats, but I leave it to the Learned to make a more diligent search into the secret nature thereof; only I think I may fitly say, *Non datur majus Secretum*, if it were truly tryed.

Of the Manchinelo-Tree.

I Here mention this Tree, rather for the strangeness of the fruit, then for any use I have ever made of it; and to let some know that there is such a Tree in *America*, that whosoever shall travel there as I have done, may have timely notice of the same, if he first happen to read this.

It attaineth to a reasonable height, and spreadeth much like unto the Wilding or Crab-tree that is of an ordinary size or bigness; but the boughs are somewhat slenderer and weaker, and the leaves thereof not much different, but only a little longer and sharper-pointed: the blossoms are somewhat like those of the Apple-tree: the fruit at first is green; and when it is ripe, of a fair yellowish colour, as round as a Ball, and about the bigness of a midling Crab. These Trees are commonly very full of fruit, overspread as many of our Crab-Trees are; so alluring and inviting in shew, that thinking upon the Apples and Crabs in *England*, I could (as I have walked amongst them.) hardly forbear tasting thereof.

thereof, being sometimes very dry ; not but that there is store of excellent water, but in the Woods it is not easily found, unless you happen upon the track of some wilde beasts to direct you thereunto.

Place.

These Trees grow frequently in the Woods at *Jamaica* wilde.

Time.

They flourish all the year, and have blossoms, green fruit, and ripe on them, which fall down; so that there is sometimes several bushels at a time lying under a Tree, some sound, and some rotten.

Name.

I never heard it called by any other name then the *Manchinelo-Tree*, or the *Manchinil-Apple Tree*.

Vertues.

Although these Apples be so poysonous, as it is said that one of them as big as a Tennis-ball being eaten, may poyson two men; yet I believe there may (with serious consideration and diligent inquiry into those secrets in Nature) be very good opiative Medicines prepared thereof,

of ; for the Supreme Orderer of all things hath made nothing in vain : and therefore I commend it to the Learned and Curious Searchers hereafter more circumſpectly to pry into. There are other opiative or poyſonous Fruits, Roots, &c. but the danger of them is eaſily avoided, if we conſider, that the Fowls of the Air have ſuch a natural knowledge, that they will not light on theſe Trees, much leſs eat of the fruit : neither will the wilde-swine meddle with any hurtful root, or fruit that falleth from the Trees : ſo much is man (by our firſt Parents tranſgreſſion) become inferiour in natural knowledge to a beaſt : And it is an obſervation with thoſe that come into ſtrange Regions, that they may freely eat of thoſe fruits and roots that the Fowls and Hogs eat of, without danger, as before is hinted.

Of the American Plum-trees.

THere are in the Iſland of *Jamaica* many and different ſorts of Plum-Trees ; to give a deſcription of all which, were too tedious for my intended brevity.

ty. The fruit of these Trees, in external appearance, resembles some Plums we have here in *England*, from which similitude they take their names: 'Tis very sweet in taste; the stone within is big and porous, like a Pumice-stone.

Place.

They grow naturally wilde in the Woods, and are also planted near unto their houses in the Islands, where there is store of Inhabitants.

Time.

They flourish all the year, the Sun and Earth affording them that benefit beyond what they do in *England*; which doth adorn them with goodly colours, and anon disrobe them again.

Name.

They are called the *Indian-Plum-Trees*, from the resemblance the fruit hath with some Plums in *England*: by some they are called *Acaco*, &c.

Use.

They are much sweeter in taste than any of our Plums are, and do soon cloy the appetite of those that eat them.

Of the Tree called Manyoc;
of the Root of which the
Indian Bread is made, which
they call Casava.

THis Plant or low Tree groweth up to the height of a man, or higher, if we consider the branches and all: the body is not very big, from which several slender boughs grow: the leaves are narrow and pointed; smooth, and of a whitish, or tending to a willow-green-colour: I never observed what flower or fruit it beareth; the roots thereof become very big and white, of several shapes; for the use of which it is much planted, much after the same manner as Sugar-Canes are.

Place.

It groweth in *Jamaica*, *Barbados*, *Mexico*, and most of the other *Caribbee*-Islands; and is no great stranger in most parts of *America*.

Time.

They plant it at any time, according to their greatest conveniency. *Name*

Name.

The Tree is called *Manyoc*, or *Man-yoth*; but the bread that is made of the roots thereof, is generally known by the name of *Casava*, or *Casader*, or as some call it, *Cassawder*.

Vertues.

As for the leaves and plant it self, I know not the vertues of it; only the use of the Root is familiarly known to most Planters, who at times convenient, when they have occasion, dig it up, and make it very clean; and then they have a wooden wheel made to turn, as our Grinding-stones are: this wheel is athwart the circumference, about a foot broad, upon which is made fast a piece of Tyn or Iron, full of holes, as our Graters are; upon which one holding the Root, and another turning the Wheel, they grate it small, there being a Trough put under the wheel whereinto it falleth: then they take this grated substance, and lay it on a plain thing they have for the same purpose, as broad as the bottom of a Bushel or Sive; and then press forth the juyce or moisture thereof very clean and dry: (this moisture or juyce is poysonous)

sonous) then do they take these Cakes, being thus prest, which are about half an inch thick, and lay them on an Iron Pan of a suitable circumference, being placed on Bricks ; so that a fire may be made under it, as *Castor-makers* do where they Block their *Castors*, to bring them into a handsome shape. Upon this Iron they lay these flat Cakes, as they take them out of the Press, making a moderate fire under, and turning them, and baking them leisurely, till they are very hard and dry ; and then they lay them up in their houses for daily bread. These Cakes will last good a quarter or half a year. This *Casava* will dissolve in cold water, but in any thing that is hot it dissolveth not so soon ; but rather mollifies, and remains in a lump. Some use it to thicken Chocolate : it is not very clammy ; and therefore nourisheth not very much, neither hath it a very grateful taste alone.

Of the Indian Poek-wood.

THIS Tree groweth up to a stately height and bigness, the Body straight and upright, and hath a smooth and

and whitish Bark, much like unto that of the Birch-Tree: Some of them I suppose in the biggest part, may carry a foot or sixteen inches square, and twenty foot in length: the leaves, as also the twiggy boughs and branches, are not much unlike those of the Birch-Tree, which spread forth pretty largely, especially towards the top. The fruit groweth close to the boughs: at first green; but when it is ripe, it is blackish, and sweet in taste.

Place.

It groweth plentifully in *Jamaica*; especially in the Woods at *Liganee*, and thereabout.

Time.

The Sun and Earth are so beuntiful to this and other Trees in *Jamaica*, that they put not off their beautiful every-daies Robes, the whole year round.

Name.

It is called by some *Pock-wood*, because it is often used for that Distemper; by others, *Lignum Vitæ*, or *Guaiacum Patavium*.

Vertues.

This Tree beareth a Gum which is of excellent use in Chirurgery: the wood hereof

hereof is *Diaphoretick*, and of great value, and may be effectually used for that Disease, from whence it hath its name of *Pock-wood*: and I think it is deservedly called *Wood of Life*, being rightly considered; but it looseth much of its worth by Emperical Pretenders; for which cause I shall forbear to speak more of the proper use thereof, according to true Art and Judgment.

Of the Mechoacan.

THis *Mechoacan* groweth up with many long trailing flexible branches, interlaced with divers Viny Tendrels, which take hold, clasp and climb, almost like black Briony, or Wilde-Vine; whereunto it is very like, almost in all respects, saving that his mossie flowers do smell very sweet. This is much like the Briony of *Mexico*.

Place.

It groweth in the *Caribbee Islands*, *Mexico*, &c.

Time.

It flowreth as other Trees and Herbs.

Name

Name.

It is called *Mechoacan*, or *Indian-Briony*, or *Briony*, or *Scamony* of *America*.

Vertues.

It purgeth both phlegme and watrish humours, and may be given from one to two drams in Wine, distilled Water or Broth; or in case of necessity, some other Vehicle: it is given with good success in all such distempers as proceed from phlegmatick and cold humours: it is good against the Head-ach that hath continued long, old Coughs, straightness of breathing, the Cholick, pain of the kidneys and joynts, and the diseases of the Reins and Belly, as the *Iliaca-passio*, &c. It may be prepared and used with good success many ways, by an able-hand.

Of the Mangrove-Tree.

I Am now almost come to the Bank-side, (where at first I set my foot on shore) ready to take shipping for *England* again; but before I leave the Land, I care not if I take a more strict view of this Tree; more for the rarity of the fruit it beareth, then for the strangeness of the Tree it self.

This

This Tree never groweth to be very high, neither doth the body of it come to be very big in bulk; nor do they grow single by themselves, but many spring up from one root, spreading themselves almost like our Oller-Trees here, which commonly grow by fresh-water-rivers: the leaves are smaller then Apple-tree-leaves, smooth, and of a dark green colour: the roots grow together strangely confused all along on the banks by the Sea side, joyning in a wonderful texture, without any intermission, for a mile or two; or for any thing I know, it might continue so five, ten miles, or more together; which in some sense may make good the saying related by Travelers of a Tree twenty miles long: and the greatest rarity is, that quite contrary to other Trees, all the fruit that I ever saw it bear (if it may be called fruit) groweth on the roots: for the Sea having washed off the Earth clean from some of the roots of these Trees which grow along by the banks side, and hang down into the water; there cling to it, and grow an infinite sight of Oysters like unto our Oysters brought to Billings-

gate : And here is made good the saying which seemeth so incredible to some, who write thus :

*Beyond the Seas, I know not where,
Are Trees, men say, which Oysters bear :
That Oysters should be bred so high,
Methinks it soundeth like a lye.*

But I can verifie this to be true , that Oysters grow when they are upon the Trees , although they are not the offspring and natural productions of the same.

Place.

It groweth in many places by the Seaside in *Jamaica* : on the shore by *Cagapay-Harbour* , over by *Liganeë-side* , on the Star-board side , as we pass from the point to the Passage-Fort, they grow plentifully , where I have with good company often eat of them.

Time.

Here they may be had at any time of the year , where the Islanders often carry their friends to be merry , and eat Oysters , and that they may gather them off the Trees themselves ; and if they re-

lish not so well as those at *Fishstreet-Hill* it may be with good reason allowed ; for the sawce to these is seldom so chargeable.

Name.

This Tree is most familiarly called the *Mangrove-Tree*, or by some the *Oyster Tree*, because they hang so fast upon the roots that grow under the water.

Use.

The wood of this Tree cut down splitteth exceeding easily ; and being layd a while in the Sun to dry, is excellent for firing, and good to store ships with so good, that there is no better to be found. The Oysters that grow there are good aliment, nourishing, and strengthening up bodily lust; but they are for nothing more loathsome and sweet than our Oysters are ; so that very many of them are seldom eaten, by which Scourges are avoided.

Of Semper-Vivens.

THis Herb, or Plant, hath leaves growing immediately from one another without stalks, almost like the *H*

Aloes, or Sea-Onion; but these are broader and thicker in substance, and sharper pointed. The leaves are smoothe all over, except on the edges of each leaf, which are finely nickt or dentilated: they are at least a foot, or a foot and half in length, and are full of a clammy juyce, like the leaves of *House-leek*: these leaves grow and spread round about the head of one stalk, which is three or four inches about; all which are of a bright green colour: this Stem is a foot or a foot and half in length, the leaves turning a little down again; the root is made up of many small and fibrous branches.

Place.

It groweth in divers places in *America*, i. e. *Jamaica*, *S. Christophers*, *Nevis*, *Barbados*, &c.

Time.

This Herb is always green, from whence it hath its name: it being taken up by the root, and a cloth dipped in Oyl of Olives, and tyed about the stem thereof, it may be brought into *England*, and hang'd up in some Room where it may be safe from frost: it lasteth very long in its natural form.

Name.

It is called by some *Semper-Vivum*, or *Semper-Vivum Marinum*, because it lasteth long, after the manner of House-leek; but others call it *Semper-Vivens*, always living, for that it is always green.

Vertues.

This Herb hath many vertues in Physick; it purgeth very effectually; it preserveth from putrefaction; it is effectually good against all hot Aposthemes and Inflammations, if it be rightly applied, and is excellent against Burning and Scalding, by hot Water, Gunpowder &c.

I might here speak of many Ever-greens and also of some Flowers, Shrubs, &c. raised by Seeds; but not meeting with an opportunity for a second Voyage into those parts of the World, I cannot now speak of them as I would, especially of such as are of chief note, as are not yet reconciled to our cold Country.

Of a Jessamin-Tree or Bush.

THIS Tree or Shrub called a *Jessamin* is much like, in all respects, to the *Spanish* will

Spanish *Jessamin*; which several have written of already, and therefore I need not describe it here. Some say, that the Spanish *Jessamin* came at first from *Spain* into *America*; and others think, that in *Spain* came first from *America*: However, I suppose it is the same in both places: it beareth a white and exceeding fragrant Flower, of which there is more or less growing thereon all the year. These Flowers the Inhabitants gather, and by infusion and expression make a wonderful sweet Oyl, very thick, almost like unto *Jessamin-Butter*: then do they with a sweet Gum, and odoriferous Powders, temper it, until it become like unto soft Wax, or Paste of several colours; and every colour of different scent, made up by it self, and all exceeding sweet: this Oyl being the Basis or chief ingredient, they put it into Silver or Tortoiseshell Boxes, wherein are several Partitions, which will there keep good for some years; and these Perfumes are of great value: and when they make use of them, they take a little of any one of them, and rub it between their hands, and it will presently perfume a whole Room. I

once met with a German aboard a Dutchman of War, that had the like Perfume of six sorts, who told me, that it came from the *East-Indies*; and he was persuaded that this Oyl (before it was made up into *Paste*) was such as that precious Oyntment or Spikenard so much used amongst the Jews, especially at the Burial of their Dead.

Of the Cacao-Tree and Fruit.

SO wonderfully numerous are those works of the Creator which are daily exposed to our view, that did we afford but part of them our serious regard, the common age of man would be too short a space to admire them sufficiently. Should we then employ our selves in a curious observance of the varieties of objects, whether of animated or inanimated Bodies, and take exact notice of the various distinctions in things of the same Species; what time would be requisite to discover the particular differences, and to express the greatness of our admiration!

The forms of things are so exceeding

ly varied, that even those bodies which are nearest in resemblance, appear to the eyes of an accurate observer, not to be easily distinguish'd by some of their remarkable qualities, as in figure, colour, or the like. Faces of the greatest likeness have constantly some characteristical difference, to keep them from an exact similitude. Such also are the diversities of Countries, which if compar'd in their superficies, how great is the disagreement! Should I attempt to particularize the productions thereof, or endeavour to give an account wherein each Individual (though of the same kinde) is diversified, I should enter upon an endless task: But my designe in the following part is to single out one Forreign Plant or Tree more, not mentioned until even now, and so to discourse thereof, that by comparing it with some Trees known to us here, I may give the Reader something a more perfect description of its first growth, to the time of its imparting that Fruit, which is the chiefest ingredient of the deservedly-esteemed Drink called Chocolate.

Description.

Of these Trees, there are several sorts which grow to a reasonable height : the bodies of the largest do usually arrive in bulk (although not in talness) to the largeness of our English Plum-Trees : they are in every part smoothe ; and the boughs and branches thereof extend themselves on every side, to the proportion of a well-spread Tree, much resembling our Heart-Cherry-Tree (so denominated from the similitude the fruit hath with a Heart) but at its full growth 'tis dilated to a greater breadth in compass, and is something loftier : There's little difference in the leaves, these being pointed, but smoother on the edges, and in colour of a darker green, more like the leaves of an Orange-Tree ; the flowers thereof are almost of a Saffron-colour : Immediately after the appearance of these, the fruit proceeds from the boughs and branches, not admitting of any intermedium, or stem, as Apples do. These Trees commonly bear fruit within seven years space, or less, after their first Plantation ; though in the interim they are sometimes twice or thrice removed, and

and great care taken to secure them with shades of *Plantane* and *Bonana-Trees*, that they may not be injured by the over-powerful heat of the scorching Sun, of which they are not in danger, when they once become great, being then enabled to shelter and defend each other.

Of the External or Putaminous part of the Fruit.

BEfore we come to the sight of the *Cacao's* themselves, 'tis necessary we take a view of the rinde or crusty substance, wherein they are inclosed as kernels.

This at first is green; and as it increaseth in bigness, so it changeth in shape and colour, until they are thoroughly ripe: Some of them are shaped like those Apples here which are almost round: some in shape resemble Cucumbers; but most of them are oval, not much unlike Melons: They are of all sizes, from the bigness of a Wilding or Crab, to that of our greatest Pears, or rather to the middle sort of Musk-Melons, and have such

a kinde of external crusty substance, but not so thick; and being cut but a little, the kernels do forthwith appear: Besides, the outward part of this fruit, (otherwise then in the Melon) in most of them, is set off (as if it were for ornament) with smooth bunches or knobs, even as some Watches are beset with Pearls; which protuberances do equal in bigness the end of a finger, but extend not far out, much resembling those bunches that are sometimes seen on the sides of an Apple. The nearer they approach to maturity, their greenish colour becomes also more and more striped, with reddish or rather Pink-coloured veins, especially on that side towards the Sun: as may be perceived by the growing more or less red of some Apples in *England*: (yet all on the same Tree, accordingly as they are more or less in the Sun or shade) by which colour, and the usual time of the year for such Harvest (which is about *January* and *May*) the Planters very well know the ripeness.

*Of the Kernels of this Fruit,
or the Cacao's themselves.*

THe external husk or rinde being broken or cut in the middle-part of the fruit, there appear the Kernels, which are the *Cacao's* themselves, inclosed in a film, and a white phlegmatick substance of a pleasant sweet relishing taste, in which these *Cacao's* have their beginning, as Animals in the *Colliquamentum*. This is like unto a milk-white jelly, which will dissolve or melt in the mouth: In some of these fruits there is more, in some fewer of these Kernels or *Cacao's*, according to the bulk and bigness of the fruit: In some are a dozen, in some twenty, in others thirty or more.

These *Cacao's* are in bigness about the size of some Almonds, but not altogether so flat, environed with a very thin film or curicle, and are (before they are ripe) whitish; but when they be full ripe, of a darkish red colour; and when cured, they then become more blackish, or more tending to the colour of a Bullocks Kidney;

ney; and when they are broken, have such parts and partitions in them as a Bullocks Kidney hath: In all which cran- nies or crevices there remaineth an oyle moisture. When this fruit is ripe, as is well known by the outward appearance thereof, and by the usual moneths of gathering them, which is twice in the year (*viz.* about *January* and *May*) after they are gathered, then they cut the outward rinde or substance, (which is afterwards of little or no use) taking out all the kernels; and cleaning them from that sliminess wherein they were involved, they do lay them on Sheets and Mats, which they have for the same purpose, in the Sun, and so carefully dry and cure them: and these Kernels, or *Cacao's*, is the principal ingredient in Chocolate; of which *Cacao's* there are several sorts, differing in quality very much, according to the difference of the Tree whereon they grow (whose fruit in several Countries is much different in bigness) and especially according to the places from whence they come; as those which grow in *Mexico*, are not in all respects (how well soever cured) like unto
 them

them in *Jamaica*: and so for those in *Nicaragua*, *Soconusca*, *Guatimala*, &c. by reason these places are in somewhat different Climates and Degrees; but we shall speak for the most part of those in *Jamaica*.

These *Cacao's*, when they be well cured, are bitterish in taste, and are also fat or oily; and in quality, moderately cold and dry, as some think; because, say they, the Indian women and others coming thither, and eating them dry, without either grinding or beating, or any other alteration, they then prove to be of an astringent nature, causing obstructions; and thereby those women (say they) become *Leucoplegmatical*, and look of a whitish colour. But in this I conceive there is a great mistake; for it is natural to those Regions (by reason of heat) for all women (how ruddy soever they are when they first come there) to alter their complexions, and in short time become pale or yellowish: and doubtless women in *England* might eat a long time of these *Cacao's*, before they would finde any alteration or change thereby in themselves: And I have my self eaten in *Jamaica*,
and

and at Sea, great quantities of them; neither did I finde any sensible difference at all thereby: Indeed, there is great care to be taken in the choice of them, especially of such as are brought into *England*, that you chuse them that are well cured, well tasted, not musty, mouldy, or much venny within when they are broken; and such as seem fat and oylly are best: Also pick forth all those which are corrupt, before you make use of the rest. The truth is, how well soever they may seem to be cured when they are in the place where they grow, and how carefully soever stowed in the Ship; yet by transportation, the Air of different places hath such an operation upon them, that many are corrupted and spoiled before they arrive here; and so they are often, by reason of moisture, soon afterwards, if they are not carefully look'd unto, dryed, and used in time. And besides this, the *Cacao's*, how well soever cured at first, have yet remaining in them a certain oyliness, or thin moisture, which is apt to tend to corruption, in all the chinks and little crevices all over them, which seem whitish when broken; and there-

therefore must the use of them, in that respect only, be somewhat different from what they are in their Native Climate, fresh and new; and the more decayed they are, the greater the difference is: So that I am perswaded there is no better Chocolate to be had in *England*, then that which Mariners and Sea-men bring; which is made up in the Country where the *Cacao's* naturally grow.

In *Jamaica* there is a sort of Chocolate made up of only the Paste of the *Cacao* it self, in rowls or lumps of a pound or two, or three pound together, the better for keeping good; which the people there account most ordinary, by reason they bestow not so much pains as to grinde it into the smallest particles; and being but grossly made up, they grate it very fine, immediately before they use it for drinks: And this is one of the best masses of Chocolate-Paste that is; and it may be had often here in *England*, neat and good, of Merchants and Sea-men that travel to those parts, and bring it over: nor is it at all material or convenient that it be always beaten into such very small parts, the different Airs it will meet.

meet with before it come here, being thereby the more apt to work upon it: Besides, it doth dissipate the spirits, which are naturally volatile, and soon vanish away, leaving the rest much more insipid; and therefore an indifferent respect must be used in the beating or grinding of it.

Place.

These Trees grow in *America* in divers places, especially in the Spanish Dominions; as in *Nicaragua*, *New Spain*, *Mexico*, *Cuba*, *Hispaniola*, &c. and in *Jamaica* they grow plentifully at a place called by the name of Colonel *Barrington's* Quarters or Plantations. (so called, by reason he had the first possession and command of them after the English came thither:) and in the *Long-Walk* there grow very many; as also in divers other places of that Island, in less numbers.

They prosper best in low ground, and in fat and rank earth, which must always, before they are planted, be laid in good order, and cleared from all kinde of rubbish and incumbrances; and then they are planted, it may be many hundreds together, sufficiently furnishing ten or twelve Acres of ground, or more or less,

less, according as the Planters interest extends, or as the place happeneth to lye convenient for that purpose.

These Trees are for the most part squarely and orderly set, about six, seven or eight foot distance from each other, as the Cherry-Trees in *Kent* or *Worcestershire* are planted; all the interstices or spaces between them being kept clean from long grass, and all other such offensiveness as might be any way likely to hinder the force of the ground, or them from their increase in growth.

And under these Trees (especially those which are nigh their houses) they keep the grass between the rows evenly cut, and the ground rowled, so that the Greens are pleasant to walk in at any time of the day, the Trees covering and shading all the ground.

These Trees were long since planted in *Jamaica* by the Spaniards, and were of great esteem and much benefit; and so they are now with the English Planters; and with great reason indeed, for they deserve no less, if we seriously consider the benefit they afford to all, as well Strangers as Natives, or those that are Naturaliz'd.

Time.

Time.

These Trees remain green all the year, the Earth and Sun especially being so favourable to them, as not to disrobe them of their Forrest-Livery: They have blows, and more or less fruit always on them; although for conveniency the Planters gather the most of the fruit as nigh one time as they can; *i. e.* one crop about the latter end of *January*, or in *February*; and the other in the moneth of *May*, or first part of *June*; which are, for the most part, the principal times of Harvest for this fruit.

Name.

This Tree hath received many names, and also the fruit: in *Jamaica* it is generally known by the name of the *Cacao*-Tree, and the fruit thereof *Cacao's*.

In *New Spain*, *Guatemala*, *Mexico*, &c. this Tree is called by some *Carava*, *Quahvitl* or *Cacavatl*; by others *Cacaoatl*, or *Cacaoatl*; and the fruit hath been so called: but now the fruit thereof is most generally known by the name of *Cacao's*, and the Trees are known by their fruit.

I see no reason why they should be called

called *Cacao-Nuts*, and not rather *Kernels*; for they are the kernels of a fruit, and therefore I think they ought more properly to be called *Cacao-Kernels* then *Cacao-Nuts*: neither have they any shell at all, from whence a Nut hath its name.

These are the Kernels of which the so-much-fam'd Chocolate is made; a Drink in great request, and well known to most parts of Christendome.

This drink called Chocolate, taketh its name, as some think, from the sound which is made by stirring it in the Pot with the *Molinet* or Chocolate-stick in making of it.

And whether it were the several sorts of this drink heretofore made, or whether it were the difference of spelling and pronouncing in several Countries, I know not; but it hath been called by many names, as *Chocolatl*, *Chocolatb*, *Chocolet*, *Chocolate*, *Chocolat*, and *Chocolata*: Nay, it hath been called by some heretofore *Succulata*; and all these do now signify one and the same thing; i.e. a drink usually made, wherof the *Cacao* is the principal ingredient in it, approved of by Learned Physicians, and sufficiently recommended to the world.

Of

Of the Composition and making up of Chocolate.

IN speaking of the making up of *Chocolate* into Balls, Rows, Lumps, Cakes, Tablets, &c. I can give no true account how it is made up here, for I never saw it done; but I conceive it to be none of the best, because, for the most part, I finde the Spirits much dissipate, the Oyl much wasted, and the Rowl left a meer insipid lump, scarce worth the using: So that being made into such drink as I meet with in some houses where it is sold, it hath only the name of *Chocolate*, and no more.

I intend now to speak only what I have seen in some parts of *America*, and then something briefly what others have said of it, who have written long since; and most of all, recommend it to them that shall happen to travel into those, or any other parts that I have done.

The first way then of making it up is this: They take the *Cacao's*, when they are well cured and dried in the Sun,
(which

(which is sometimes sufficient in those parts) or by some other moderate artificial heat, in a convenient Vessel, placed over a gentle fire; and peel off the film or crusty skins of them, and then beat them in a Stone-Mortar to very small particles [which is the way some that make but little use] into a kinde of Paste, which will be almost like unto Almond-Paste by its natural oyliness, and may be made up alone (or at least by adding there-to an Egg, and a little Flower of *Maiz*) into Lumps, Rowls, Cakes, Balls, Lozanges, &c. or put into Boxes of what bigness the makers up of it please, and then set or layd in the shade (for in the Sun it melteth) upon clean and smooth boards, with a leaf or some white paper under it, and in a short time it becometh hard; which may be kept a fortnight, a moneth, a quarter, or half a year: nay, it may be indifferently kept a whole year, if need so require, for daily use.

Take here one Receipt, especially for them who make up but a small quantity for their own private use.

Take as many of such *Cacao's* (as I have before directed) as you have a desire
fire

Fire to make up at one time, and put as many of them at once into a Frying-Pan (being very clean scoured) as will cover the bottom thereof; and hold them over a moderate fire, shaking them so, that they may not burn (for you must have a very great care of that) until they are dry enough to peel off the outward crusty skin; and after they are dried and peeled then beat them in an Iron Mortar, until it will rowl up into great Balls or Rowls and be sure you beat it not over-much neither, for then it will become too much oily.

You must make up your Balls, Lump or Rowls, close and smooth, without either cracks, crannies, or great bunches in them; because then they will not keep so well, nor so long.

Another way to make it up is this much used by those who make a Trade thereof themselves; as also for Merchants and Planters that have great quantities made up for Transportation and daily use in their Families.

For this purpose they have a broad smooth stone, well polished or glazed very hard; and being made fit in all respects

spects for their use, they grinde the *Cacao's* thereon very small; and when they have so done, they have another broad stone or Iron ready, under which they keep a gentle fire, only just to hinder the mass from clinging, whilst they work it up into what form they please; especially being made up alone, or with only a little *Notty* added thereto, to colour it: This is the best way of doing it, although the labour be more herein then some other wayes which are used.

This is the first sort which was made heretofore, and by many is much used at this day, being without mixture; only there is put into it a little *Notty*, which is also a Cordial: and this is certainly the chiefeft and very best sort that is made.

The Native Indians seldom or never use any Compounds; desiring rather to preserve their healths, then to gratifie and please their Palats, until the Spaniards coming amongst them, made several mixtures and Compounds; which instead of making the former better (as they supposed) have made it much worse: And many of the English (especially those that know not the nature of the

the *Cacao*) do now imitate them : for in *Jamaica* , as well as other places , in making it into Lumps, Balls, Cakes, &c. they add to the *Cacao*-Paste, *Chille*, or red Pepper ; *Achiote*, sweet Pepper, commonly known by the name of *Jamaica*-Pepper , or some or one of them ; as also such other ingredients as the place affordeth , or as most pleaseth the makers thereof ; or else as the more skilful persons may think it to agree with this or that individual person ; adding thereto as much Sugar only as will sweeten it : first of all drying and beating every Ingredient apart ; and then at the last of all mixing them together, as it is wrought up into a mass.

We may well take notice what Physicians, as well as others (who have written long since of the making up of Chocolate) tell us ; ‘ That in many places of *America* they have great store of *Cacao* , of which they make much Chocolate ; not only for their own use, but also send great quantities from thence as good Merchandise in other parts of the world. ‘ First of all then for them that have but a small quantity, and make it up for their

their own private use, they have a Stone Table made fit for that purpose, broad and even, whereon they break the *Cacao's* with a Rowler very small; and after work it up in a Mortar, or on a Table, as they please.

Others have an Iron Table, and a weighty Rowler, to bruise and break the *Cacao's*; still sifting forth the smallest with a Sieve, and grinding the biggest over again, until it become very small; and then with a gentle fire the Paste or mass may be wrought up into almost any form: yet in the doing of this, great care ought to be taken that the fire be very gentle, only what of necessity is required to make it work; for overmuch fire wasteth the Spirits, and drieth up the oylinefs thereof, so that the mass or whole lump may thereby be spoiled: neither must there be put in any ingredients which happen to be burnt in drying, for such may make the whole quantity little worth.

A more speedy way for the making up of the *Cacao's* into Chocolate is this, which some use: They have a Mill made in the form of some kinde of

“Mault-Mills, whose stones are black,
 “firm and hard, which work by turning;
 “and upon this Millare ground the Ca-
 “cao’s grossly; and then between other
 “Stones, they work that which is so
 “ground yet smaller; or else by beating
 “it up in a Mortar, bring it into the u-
 “sual form; and add thereto such ingre-
 “dients as they think most necessary: - All
 “which are first beaten apart, before they
 “are put into the whole Compound.

And indeed many Simples are added,
 more out of curiosity, then real know-
 ledge of the benefit received thereby:
 some putting in one thing, and some a-
 nother; making, as it were, a hodge-
 podge of it, rather than what it should
 be: Some of the ingredients put in, are
Chile, or red Pepper, *Achiot*, sweet-scent-
 ed Pepper, *Orejuetus*, *Banilas*, *Pocolt* or *Pa-*
niso, *Atolla* or *Maiz-Flower*, *Sugar*, &c.
 more or less of these, or any one of them
 are put in, as the Makers thereof see
 good, or as Physicians order the same to
 be done.

But if there be any addition made to
 the *Cacao* and *Notty*; these, I suppose
 are much more properly used then other

Spices

Spices, which in lieu thereof, in *Spain*, and other Countries, are often put in : such are Aniseeds, Fennel-seeds, Sweet-Almonds, Nutmegs, Cloves, black, white, and long Pepper, Cinamon, Saffron, Musk, Amber-greece, Orange-Flower-water, Lemmon and Citron-pill, Cardamome, Oyl of Nutmegs, Cinamon, and many other ingredients are usually put in, as is thought fit by the Physicians or others ; either when it is made up in the mass, or else more or less be added when the drink is made ; especially if the *Cacao's* be beaten simply.

Mr. Gage directs it to be made up thus : After the *Cacao's* are carefully dried and peeled, or blanched (saith he) they must be beaten in a Stone-Mortar, or else ground on a broad stone very small. All the rest of the ingredients must be carefully dried, so that they are not burnt ; (for if they are, they become bitter) and every one beaten or ground to powder apart, and, if you please, searced by themselves : and all being put together, there must be a little fire used to warm it ; so as you may incorporate it, and make it up into

‘ what form you fancy best ; laying it on
 ‘ papers in the shade to dry , that it may
 ‘ be hard.

This way was long since much used, but it is now made up according to every Distemper, as is thought convenient by the Learned Physitian.

To strengthen the Stomack much debilitated , there is put in *Achiote*, or rather Saffron : in Fluxes, Cinamon, Nutmegs , or a little Steel-powder : for Coughs , Almonds, and the Oyl of Almonds , Sugar, or Sugar candied : for a Phlegmatick Stomack , they put in Pepper, Cloves, &c. And thus the Spanis Physitians especially endeavour to make a Composition , or alter their Chocolate according to every distemper, making it both the Physick and Vehicle for all sorts which ought rather but to be used as Aliment.

Of the simple Cacao-Kernels

THese Kernels are one of the chief Commodities of the *West-Indies*. They are in operation, as some think, cold and dry , and seem to be astringent : be

ing eaten freely alone, they are apt to cause obstructions, as many do conjecture, and have written; but no otherwise, as I conceive, then raw Oatmeal or Wheat doth: nor certainly so much neither; for I have eaten many of them, (as I shall mention more largely anon:) and they may be made into Comfits, and eaten more safely then Almonds; although some are doubtful of the temperament of them, by reason of the different effects they work.

There may be an Oyl drawn from these Kernels, by compression, as Oyl of Almonds is drawn; very good for all such uses as the Oyl of Almonds is good for, and work more efficaciously.

Use.

Being internally administred, it is good against all Coughs, shortness of breath, opening, and making the roughness of the Artery smooth, palliating all sharp Rheums, and contributing very much to the Radical Moisture, being very nourishing, and excellent against Consumptions.

Also the fat Butter or Oyl drawn or extracted from the *Cacao's*, is said to be

very effectual, being externally applied, against all Inflammations, *i. e.* *Pblegmons*, *Erisipela's*, *S. Anthony's-Fire*, *Small-Pox*, *Tumors*, *Scaldings* and *Burnings*, the place being anointed therewith. It is a cooler, and doth assuage and qualifie all pains proceeding from heat; as the cruellness or Scars on Sores, Pimples, chopped Lips and Hands: it is an *Anodyne*, and exceeding good to mitigate the pain of the Gout, as also Aches by reason of old Age: it wonderfully refresheth wearied limbs, being anointed therewith; and it maketh the skin smooth.

In *Cartbagena*, *New Spain*, and other adjacent places, they do not only entail their *Cacao* Walks or Orchards on their Eldest Sons, as their Right of Inheritance, (as Lands here in *England* are settled on the next Heir) but these *Cacao*-Kernels have been, and are in so great esteem with them, that they pass between man and man for any Merchandise, in buying and selling in the Markets, as the most currant silver Coyn; as I have been told, and as some credible Writers do affirm.

Of the making of Chocolate into Drink.

IN the making of that so-much-fam'd or Renowned Drink, (which may be called the *American Nectar*) at this day well known in most parts of Christendom by the name of *Chocolate*, there are many and various ways used, as well in *India* as *Europe*: The later of which I shall speak nothing at all to; but to the former, I will relate what I have accidentally seen and made use of in those parts; as also what some have written of it long since, who approved and recommended the same to others.

This Drink is often made several ways; some using one way, and some another, as seemeth best and most familiar to them: and therefore we will begin with that which is most generally known, and that which all common people, and servants also, before they go forth to work in the Plantations in a morning, take a draught or two of, for the better support of Nature in their hard labour.

For this, they take of the Balls or Lumps made up only of the *Cacao*, when they are thorough dry and hard (for they ought to be at least nine daies or a fortnight old fermenting, before they be made use of) and grate it very small on a Tin-Grater, such as Cooks use to grate their bread on, or the like; but it ought to be finer, I mean, the holes thereof made smaller, holding the piece of *Chocolate* lightly on it, that it may be grated very fine into some dish, or the like convenient thing, as may be fit to receive it.

The quantity to be grated is as much as shall be thought fit for present use at that time, more or less, according to the number of the company to drink thereof, according to the greater or smaller proportion as every ones appetite requires; or as is desired to be made thicker or thinner, and the like; ordering all things for the making thereof without exact limitation. Then they take as much fair water out of the Spring or Jar (for some have Jars for the keeping fresh water cool) as they think will be sufficiently answerable to their ingredients;
and

and in that water, they put about as much, or else somewhat less *Cassia*-bread, as the quantity of the grated *Chocolate*. This bread being a while in the cold water, although it be not grated, but only broken into bits or small pieces, and put therein, will dissolve in a little time; which in hot water it is not so apt to do: (yet it may be grated and put in with the *Chocolate*.) When it is dissolved, they set that water on the fire in the *Chocolate*-Pot, Kettle, or what other Vessel they see good; and when it boils, they put in the grated *Chocolate*, and make it boil again a quarter of an hour, or less, stirring it a little in the interim: and then taking it off the fire, they pour it out of the Pot, or what else it was boiled in, into some handsome large Dish or Bason: and after they have sweetned it a little with Sugar, being all together, and sitting down round about it like good Fellows, every one dips in his *Calabash*, or some other Dish, supping it off very hot.

And this is their usual Breakfast; without which, servants or others are not well able to perform their most la-

horious employments in the Plantations, or work with any great courage until eleven a Clock, their usual time of going to Dinner.

Neither were any of our Ships-Company well able to perform violent exercise or business, or to walk so far, or with that activity without it, notwithstanding we did eat a sufficient quantity of other food, as experience quickly taught us.

Another sort of *Chocolate* is made after the same manner as we have even now mentioned, but that they make thereof a more Compound, by putting in red *Pepper*, *Vaynillas*, sweet *Pepper* or *Anchiete*, or some or one of these; or else some other Productions of the Country for variety: and being naturally a little bitterish in taste, they sweeten it with Sugar, according to their own palats.

Some there are that take Milk and Water; and when it boileth, they put in grated *Chocolate* and *Cassawder* to thicken it, of what consistence best pleaseth them; and being sweetned a little, they drink it very hot.

Others make it with Milk, a little Wa

ter, Eggs well beaten, and *Chocolate* in a Pot, and very well frothing it up when they drink it: but this is too stopping for some persons, pestering them with Flegm; yet to others it is very nourishing, being taken with good advice.

There is yet another way, and that is especially used by *Maroonoes*, *Hunters*, and such as have occasion to travel the Country, to be ready at all times, which is Balls or Lozanges finely made up with *Cacao*, and some of the fore-mentioned ingredients besides, and as much Sugar as will sufficiently sweeten it: and when they have an inclination to make use of those Tablets or Lozanges, they only dissolve them in water, froth it, or stir it well, and so drink it off: And this exceeds a Scotch-mans provision of Oatmeal and Water, as much (in my Opinion) as the best Ox-Beef for strong stomachs exceeds the meanest food.

Another

Another way of making Chocolate.

SOME of the best *Chocolate*, in my judgment, (which I confess is but slender) is made after this manner.

Take of a Ball or Rowl of that *Chocolate* which is made up of only the *Cacao* and *Notty*: This *Notty* is the fruit of a Tree or Bush; it is much of the nature of Saffron, is cordial, and of a pleasant colour: there is not much of it to be had, for it is dearer in *America* than silver. Some think this to be *Achiote*, because it is like it; but they are much mistaken, *Achiote* being of a dangerous quality. I say, take of that Lump or Ball, and grate as much as you think good very thin, (the more, the more corroborating) and put thereto as much Ship-Bisket, either brown or white (as for our parts we had no other English bread there) being finely beaten or grated: then take half Milk, and half Water, as much in quantity as you suppose your ingredients will thicken reasonably thick.

thick, and then make it boil; and when it boileth, put in your *Chocolate* and bread together, and let it boil a little afterwards; and then sweeten it with Sugar, and sup it very hot, without frothing. If you please, or if you will, you may froth it in your *Chocolate-Pot* with a *Molinet*, as they do here, and then presently drink it; But if you desire to have it froth very much, and that the froth may continue some time for shew on the top of the Dish, then you may put in some of the finest Flour of Indian-Wheat, (or the Flour of our English Wheat, if you have it) and the white of an Egg or two very well beaten: but this makes the *Chocolate* drink never the better; and without such addition, it is excellent good, and very agreeable, strengthening Nature exceedingly. Some, for this purpose, put in a glass or two of Sack: which may also be more properly taken alone; for I do not believe, that the addition of many ingredients doth any way at all advantage the wholesomeness of this Drink; only something may be used for variety.

The Spanish Physitians have nominated

ted and appointed many Ingredients or Simples to make this Drink a Compound, but very insignificantly, and to little or no purpose, it being much wholesomer of it self. And truly, what we now use in *England*, is but a compound of Spices, Milk, Eggs, Sugar, &c. and perhaps there is in it a fourth or sixth part of the chiefeft ingredient, the *Cacao*; whereby the intention of what it should be, and the property thereof from what it naturally is in it self, is quite changed.

So that it is no wonder if this Drink be not found of that vertue and efficacy as hath been noised abroad, or as many expect: But doubtless if Physitians did but narrowly pry into the secrets of the nature of it, they would quickly finde (the right use thereof being made) that it can scarcely be too much commended.

It is the adulteration of this Nectar which undeservedly makes it ill thought of, and causlesly that which hath been (and deserves now to be) most famous, to become in the esteem of some infamous, by the mixing of things impro-

per therewith; endeavouring in sicknesses to order this as fitting Physick for all kinde of distempers, let the constitution be what it will; and to administer it in any Climate or Air, is the common practise of many at this day, whereby the excellency thereof is abated; neither ought it to be taken any otherwise then (as indeed it is in it self) a most proper Aliment.

And therefore let all such who desire to drink it for their health, see the making of it themselves, I mean, as well the Lump as the Drink, unless they can have such from *Jamaica*, or any other place, as is good and simply made up, as I have before-mentioned.

That which I shall further mention of this Drink before I conclude, will be most of it concerning what others have long since written of it.

This *Chocolate* (say they) is made into drink several ways, sometimes dissolving what quantity is thought fitting in hot water, sometimes in cold, sometimes making an addition of other ingredients, and sometimes not. When it is put into hot water and boiled, and very,

ry well stirred, they do afterwards drink it as hot as it can well be endured; not using any exercise for half an hour, or an hour after: half an hour in a morning before work, is enough; but if it be taken at noon for dinner, to rest an hour after it is but sufficient, not only for this, but for any other nourishment in so hot a Climate as the *Indies* (especially within the *Torrid Zone*) before much exercise is used: and it is the custom among most of the Planters, to leave work at eleven of the Clock, eating their dinner by twelve at the farthest, and so rest themselves until one, before they go to work again.

This Drink ought to be prepared only for present use, which is sometimes done by making the water boil, or ready to boil; and then put forth some of that water, and put therein the *Chocolate*; and when it is dissolved, mill it well, and add thereto as much water more as will make it hot; and so drink it presently after milling the second time. This Drink is very easily made at any time, having always by you the Rows or Cakes ready made up; and it is best being made indifferently thick, although some make
it

it so thin, that the *Chocolate* can scarcely be seen in it; which is not so good.

I remember at *Mevis* I drank of a mess of *Chocolate* made by a Planter, after this manner.

First, He took some water and made it ready to boil; and in the interim, he grated as much *Chocolate* as he thought fit, according to the company, to drink thereof at that time. Also he beat three Eggs very well; then he put in the *Chocolate*, and a little *Cassia* beaten small, and some *Maiz-Flour*: All which made it indifferently thick; and when it was just boiled up, he put in the Eggs, and sweetned it a little with Sugar; and when it had boiled less then a quarter of an hour after, he frothed it, and poured it forth into a Dish. This seemed very handsom to the eye, and I am sure it tasted much better, being drunk not on'y very hot, but also very merrily.

And this way of making it is almost the same, as not long afterwards I eat of some which was made at a place called *Ligane* in *Jamaica*; and truly I think this to be none of the worst way of making it; for I observed, that it had very
much

much of the Oyl or Vegetative fat swimming on the top of it.

There is yet another sort of this Drink often made use of, especially by Hunters, Travellers, &c. who have seldom any Vessels or conveniency of boiling it; and therefore to supply the want of all such, it may easily be made ready upon any present occasion; as thus: They have *Chocolate* which is very finely beaten, and made up into little Cakes, with a sufficient quantity of Sugar to sweeten them: Of these Cakes, those that travel always carry with them; and also a *Calabash*, or some other small Vessel; and when they meet with good water, (of which there is great store) they take thereof, and put into it some of their *Chocolate*, and (if they have it) *Cassava*-bread, as much as will make it indifferently thick: and when it is almost dissolved, they stir it together, or else mill it, and so drink it cold; or else some put in a spoonful or two of *Rum* or *Brandy* into every dish, if they have it: and this kinde of food agreeth very well with them that are accustomed to it, and supplieth the want of all other Aliment.

Of

Of the vertues of the Drink called Chocolate.

THis most Excellent Nectar hath been for a long time, and also is now a very familiar Drink; and in most places that are considerable, throughout the greatest part of *America*, they make thereof; and all of them unanimously, of what rank or quality soever, take a mornings drink of it; yea, even the meanest servants, before they go forth to work, do take a draught thereof, or else they are hardly able to hold out and perform their tasks until eleven a Clock, their usual time of going to dinner; not so much by reason of any extraordinary heat that would offend them more there than in many places of *Europe*, were it not for the multitude of wood (for want of Inhabitants) which is not yet cut down and destroyed, which very much hinders the free passage of the Air; as by experience we finde in *England*, the heat in the midst of Summer much greater in Woods and Lanes, then in the more open Fields,
where

where the Air hath more free motion and passage : And this is the greatest reason why it is thought to be hotter at *Jamaica*, that lieth in seventeen degrees, then at *Barbados* in thirteen; because the Wood is, for the most part, destroyed in *Barbados*; but in *Jamaica*, as yet, but little of it is cut down or rooted up, although no doubt, in short time, it will be otherwise, more people coming daily thither; and then certainly it will be as temperate a Climate as can be desired, because there always blows a strong Sea-breeze (as they call it) or gale of winde from the Sea all day, that doth much fan and cool the Air until night; the Sun drawing on another Point, it then doth blow more gently from the Land, returning again towards the Sea in the morning: And thus varying once in twelve hours, doth for the most part keep its course, both to the great benefit of the Inhabitants, and others who travel thither.

Those Woods are the Harbour and Nurseries of a small and very troublesome Fly, called a *Musqueto*; and another like unto that Fly we call a *Gnat* here in *England*, which they call *Merry-wings*, because

because they hum and make a noyse : These are both venomous , and so great a torment (to strangers especially) as they can hardly sleep , unless they are provided with Gloves and Leather-Stockings to keep them from stinging ; for Worsted or Linnen Stockings will not defend them : but near unto the Sea-side, where the winde hath more freedom, they scarce trouble or molest at all : however, amongst many conveniencies, we may allow some inconveniencies ; for the worst wood there is as useful for the making of Sugar, as any here is for the making of Iron , the best not at all inferiour to any wood in the world. But to break off from this digression which fell in by accident , let us speak what we intended of the vertues of this Nectar, *Chocolate*.

It is not convenient , as experience hath sufficiently taught us, to eat or drink any thing else quickly after the drinking of it ; or presently to use any immoderate exercise ; but rather to rest a while, whether it be taken hot or cold : because it is apt to open the Pores , and thereby it causeth the greater expence of Spirits by transpiration, and so consequently nourisheth the less.

And

And certainly all kinde of Drinks, either naturally hot, or artificially made so, especially in hot Countries, are most wholesome; and therefore doubtless *Chocolate* is most properly drunk here in Summer: And I think all rational persons, who have ever been in the *Indies*, will conceive it so to be, by the frequent drinking of *Rum*, *Brandy*, and other strong and hot Spirits; which doth sufficiently prove, that if such strong liquors are good at any time, (as doubtless they are) they are best in Summer, when the weather is most hot: for should we here drink much of it in Winter, it must of necessity be our ruine; because, by so doing, we put flame to fire our natural parts, being more hot to withstand the coldness of the Climate, the pores less, and the skin more compact; and by reason of the external circumambient Air, a greater fixation of Spirits is caused thereby, then in those hotter Regions, as may be apparently perceived in Summer; out of which more open pores, the blood and radical moisture doth by exhalation more freely transpire; and therefore of necessity Nature doth require a better supply

ply to maintain the internal heat. And it is well observed by some, that most of those who travel from the more Northerly parts of the world into the *Indies*, before they are Naturalized there, do, as it were, Serpent or Adder-like, change their skin; that is, the external thin skin, or scarf-skin, called the *Cuticula*, doth peel off, there coming in the place thereof another, yet more thin and lank then that was: And such persons as lose not their skin after this manner, do for the most part become desperately ill, and perhaps not escape death, because the fuliginous vapours want a more free transpiration; to procure which, *Chocolate* is most excellent, it nourishing and preserving health entire, purging by Expecto-
rations, and especially by the sweat-vents of the body, preventing unnatural fumes ascending to the head, yet causing a pleasant and natural sleep and rest; preserving the person vigorous and active, sending forth all vicious humours to the Emunctories, and driving from the centre to the circumference, or external parts of the body, all that is obnoxious, or may turn to putrefaction; and being
eaten

eaten twice a day, a man may very well subsist therewith, not taking any thing else at all; and if need so require, many daies together.

The hardy Sea-men having been long kept from fresh diet, do often, when they come on shore amongst the Rarities of those Countries, too freely eat of them, more then Nature is able to turn into act, or dispence with, by which means many vicious humours are ingendred; or else (by reason of them which were before lodged in the body) it so falleth out, that many of them are quickly after their arrival there much troubled with Pustules, Tumours or Swellings, &c. for which *Chocolate* supped scalding hot, (for so it is usually drunk) is excellent to drive forth such offensive humours, opening the pores, and causing moderate sweats, and may be taken without observing an exact quantity; only all ought to consider their own strength; and that one that is very aged, or a Childe, cannot (neither ought they if they could) take so great a quantity at a time, as those in full strength; but every one may take it according to his appetite and digestive faculty;

ity; but not so much at once, as to be
 by whit troublesome, or in the least to
 over-burthen or oppress the Stomack;
 or thereby the best things may become,
 not only loathsome, but also hurtful.

It is an exceeding nourishing to all
 such as require a speedy refreshment after
 travel, hard labour, or violent exercise,
 exhilarating and corroborating all parts
 and faculties of the body: And doubt-
 less there is no laborious man here in per-
 fect health and strength, that hath taken
 much pains, and fasted long, but findeth
 himself much refreshed, and also more
 alive and lively after a good dinner re-
 ceived; and certainly so it is with those
 that drink this liquor; for much more vi-
 gour is obtained thereby: And to speak
 truly of it, it cannot be too much ex-
 coll'd, considering the benefit received by
 in its natural Climate: 'Tis agreeable
 here with all bodies as excellent food,
 and the greatest Cordial and most inno-
 cent support to Nature that I know, to
 all such especially who are once Natura-
 liz'd to those parts, whose stomacks are
 more lank and weak, by reason of the ex-
 ternal ambient heat; and therefore re-

H

quire

quire such aliment as this, which is more easily digested. But for this reason I do not think it so convenient to be too frequently drunk here in *England* by those who are in health and full strength, because our hotter stomachs require not food of so easie a digestion, being naturally strong enough to dispence with that which is more solid, here in this more Northern Hemisphere: Besides, the too familiar use of this delicate Nectar to healthy and young people, may debilitate the stomach, by making Nature idle, not caring for taking the pains to concoct stronger food: but all such who are of weak Constitutions, and have thin and attenuate bodies, or are troubled with sharp Rheums, Catarrhs, and such as follow a Consumption, or if they are already in a Consumption; (the difference of the distemper considered) and all aged people may safely take it, especially in the heat of Summer, when the skin and pores are relaxed by great expence of Spirit, causing a faintness; which in Winter is not so, by reason that the colder external air doth more condense and fix them. I say, all such even now mentioned, may

take a pint, or more, or less, for a mornings draught; and the like also at other times, as need requires. I have, by reason of the scarcity of provision at Sea, for the space of two or three moneths together, had little other sustenance then this Drink made with simple *Chocolate* grated small, a Bisket-cake or two beaten, and such water as the Ship did then afford, which I am sure was none of the best; and the greatest proportion allowable was once a day, yet was I not much abated either in flesh or strength: and therefore I think certainly, that good *Chocolate* is the only drink in the *Indies*, and I am fully perswaded is instrumental to the preservation and prolonging of many an Europeans life that travels there, who will be soon acquainted with it; for there is no Ship that comes into those harbours where it may be had, but the men quickly get it aboard them; and many of those which remain in health, partly by the use thereof, do become fat and plump. For my own part, I think I was never fatter in all my life, then when I was in that praise-worthy Island of *Jamaica*, partly by the frequent use there-

of; neither had I one sick day during the time I was there, which was more then half a year. For this mercy, and infinite other received, I render, as is most due all praise and thanks to the Supreme Power and Majesty of Heaven and Earth who hath of his infinite goodness conducted me through many troubles, and delivered me out of almost infinite dangers, sparing me even to this present moment. But what shall I say more of this excellent Nectar? It is very good aliment, a clear *Pabulum multi nutrimenti* that it doth fatten, if it be rightly exhibited, is undeniable; and that it nourisheth *super omne alimentum*, is without dispute, especially within the limits of the Torrid Zone: It revives the drooping spirits, and cheers those that are ready to faint; expelling sorrow, trouble, care, and all perturbations of the minde: is an *Ambrosia*: And finally, in a word it cannot be too much praised. But a few lines of what others have long since written of it, and approved, and then I shall conclude.

This Drink is recommended to us by many learned Physicians, and is generally

ally used by the Nobility, Gentry, and most observing persons of several Nations; by people of all Ranks and Qualities, young and old, of both Sexes, especially amongst the Spaniards, Natives, and other Inhabitants there, who esteem it their chiefest aliment, and take it for sustenance at any time, without limitation, especially after travel, or being tired with much exercise or business, Nature requiring then more refreshment than ordinary. It is also frequently made use of in extraordinary Entertainments or Treats amongst the highest persons, as Mr. Gage saith.

Bernaldus saith, l. 2. ' That in Mexico they take Cacao-Nuts, and some Sugar, and make them into a Paste, and afterwards dissolve this Paste in water (for if these kernels are full ripe, well cured, and well made up into Paste, it will dissolve) and being well agitated, they drink often thereof, a little at a time. Also at great Entertainments they make several sorts of this Drink to be the chiefest of their Feast, because it procureth a desire of Venery.

Hernandez saith, l. 3. c. 40. ' That
 ' the *Cacao-Nuts* are given, being made
 ' up into small Cakes or Lozanges, and
 ' only dissolved in water, to allay heat in
 ' Fevers, and also hot distempers of the
 ' Liver, being taken warm.

Benzonus saith, l. 2. ' That the simple
 ' *Cacao* is made into Paste; and when
 ' they use it, put it in a cup with water,
 ' and a little Pepper sometimes, and so
 ' make it their ordinary drink, giving it
 ' for refreshment to wearied strangers.

Acosta saith, l. 4. ch. 22. ' That the
 ' Indians make great account of a drink
 ' called *Chocolat*, made of *Cacao's*, which
 ' saith he is not at all pleasant in taste to
 ' them who are not much used to it;
 ' notwithstanding many drink freely
 ' thereof, either hot or cold, it being
 ' froth'd up with a stick or instrument
 ' for that purpose; or else pouring it out
 ' of one thing into another, at a distance,
 ' to raise a froth on the top of it: This
 ' they drink, not so much for the plea-
 ' sant relish it hath, but for the whole-
 ' someness and great benefit to Nature that
 ' redounds thereby.

Juanes and *Hernandez* furthermore

tel

tell us , ' That the plainest and most simple *Chocolate* is very nourishing , by which only the Americans do subsist all day in great heat and labour : And many Europeans , as well English-men as others , can now sufficiently evidence the same by their own experience , that they have with only the Paste of the *Cacao* , and a little Sugar dissolved in water , sustained themselves a long time both by Sea and Land : And this is their only preparation in the *Indies* , either for a long Journey , or a short Voyage.

Dr. *Juanes* and *Clusius* furthermore say in another place , of this Drink , ' That it is cold and drying , astringent , and bitterish in taste ; it allayeth thirst , cooling the liver , and all inflammations thereof : it is of a lenifying nature , multiplying good blood , and store of vital spirits it breedeth also , thereby enabling men to labour and perform much business : it wonderfully provoketh sweat and monthly evacuations , keeping the body in good temper , especially being taken with consideration of the individual Person , Constitution , Time

and Clime, and also used with moderation; for we see the best things abused turn to corruption, and thereby become the worst: So Wine, or any other aliment, being received more in quantity then Nature is able to turn in to act, becometh destructive in time to the whole body: and though much of this being taken may oppress the stomach, yet it disturbs not the head at all as Wine doth.

Neither is this Drink too frequently to be used; because the greatest Cordials, how advantagious soever they are to them in distress and sickness, yet are they absolutely hurtful to those that shall use them as constant food: Nor do I think this Drink to be a fitting Vehicle to convey such Physical matter as is sometimes put into it, especially Laxatives, as *Rubarb*, *Sena*, &c. but rather the most simple is to be chosen; and principally to be made use of as wholesome aliment; or if there be any addition, let it be of such ingredients as are most temperate, and cause the least alteration; as *Maiz*, *Flour*, *Notty*, *Saffron*, *Aniseeds*, &c. with as much Sugar as will make

make it pleasant; or without it, if you please.

Dr. *Juanes* and *Ferdinandez* say moreover of *Chocolate*, 'That it is the most wholesome and most excellent Drink that is yet found out, provided no hurtful ingredient be put therein; but being made up with the *Cacao*, a little *Notty*, *Saffron*, or prepared *Anchiote* only to colour it, a few Aniseeds, and a little Sugar, in so much water as it may be indifferently thick, and drink it whilst it is very hot sup by sup: it is good alone to make up a breakfast, needing no other food, either bread or drink; and this only being taken, is beneficial to the body, and without exception, may be drunk by people of all Ages, young as well as old, of what Sex or what Constitution soever; and is very good for women with-child, nourishing the *Embryo*, and preventing fainting Fits, which some breeding women are subject unto: It helpeth Nature to concoct Phlegme and superfluous moisture in the stomach; it voideth the Excrements by Urine and Sweat abundantly, and breedeth store

of

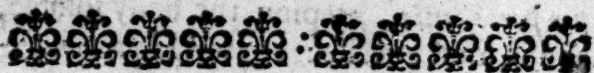
• of very good blood, thereby supplying
 • the expence of spirits; it expels Gra-
 • vel, and keepeth the body fat and
 • plump; and also preserveth the coun-
 • tenance fresh and fair: It strengthens
 • the vitals, and is good against Fevers,
 • Catarrhs, Asthmaes, and Consumptions
 • of all sorts: And is now much used
 in many cold Regions with great bene-
 fit and success, agreeing very well with
 their bodies: And certain it is, that a
 man may live longer with it, then with
 any kinde of Wine whatsoever. This
 drink alone supplies the want of all o-
 ther aliment, as before is specified.

Mr. Gage, Ch. 15. and 16. speaking
 further of this *Nectar*, saith, That it is
 a great Cordial, adding much by its
 unctuousness to the vital Balsam; free-
 ing the body of bad spirits, (if there be
 any bad spirits) and furnishing it with
 better in the room thereof; strengthen-
 ing the natural heat in all parts, and
 thereby prolonging life; for it is by an
 easie transmutation converted into blood.
 It preserveth in vigour the principal fa-
 culties, enabling men to prosecute their
 Studies and tedious exercises, expelling
 winds.

winde, opening obstructions, evacuating
per poros cutis, keeping the body soluble,
 and is most excellent against *Hypochondri-*
ack melancholy.

I might now speak of the several Di-
 stillations, Extracts, Oyls, Fat or Butter
 of the *Cacao's*; as also of several Con-
 fects and Sweet-Meats made of these
 Kernels, and *Chocolate*: But at present I
 will only explain some words before
 made use of, and so conclude.

THE



THE EXPLANATION.

A

Achiote, or Achiotl.

A Fruit, or rather the Seed, growing in a shell on a Tree in the *Indies*, which they use to colour their Bodies with when they go to war, thereby to seem the more terrible to the Enemy: And also when it is prepared, they sometimes use it to colour *Chocolate* withal.

Agiar ; see Chile.

Atatexi.

A certain drink much used in *America* heretofore, made of *Cacao-Nuts*, *Maiz*, &c.

Atolle.

Flour of Indian Wheat, and water mixed together, to put into *Chocolate*.

B

(157)

B.

Banillas.

This is a Seed which groweth in a Cod, almost like unto a Kidney-Bean, on Trees in the *Indies*, much used by some in *Chocolate*.

C

Cacana-Quahvil

Is the *Cacao*-Tree, that beareth the fruit of which *Chocolate* is made.

Cacaos, Cacaotl, Cacantl, Cacahuatl.

All these names do signifie the fruit of a Tree, (or rather the kernel of that fruit) which groweth in many places in *America*; and of the Kernels is made the *Chocolate*.

Cacao.

One single Kernel, or Nut.

Chile, Chille, or Chiti.

A sort of red Pepper, of which there is great store in *Jamaica*.

Chocolata, Chocolat, Chocolatl, Chocolate, Chocolatte, or Chocolet.

All these names signifie one and the same thing; i. e. a Drink much used in the *West-Indies*, and now very familiarly known in *Europe*: chiefly made of *Cacao*-Paste and Water; whereunto is sometimes

times added Sugar, Milk, Eggs, Pepper,
&c.

Chalcacaos, or Calcacautl.

A certain sort of *Cacaos*, so called,
 which denotes them to be the very best.

G

Garyophyllon; see *Pimienta*.

H

Haitini; see *Chile*.

M

Maiz.

Indian Wheat, or Indian Corn.

*Mecacuce, Mechafuchil, Mecfacuchil, Me-
 facuchil, Mecaxuchel, Manojtos.*

All these names signifie a kinde of *Pepper*
 growing in *Mexico*, and other places
 thereabouts; which heretofore was often
 put into *Chocolate*.

Molinet, or Molinillo,

Is a *Chocolate*-stick, to mill it with in a
Pot to make it froth.

O

Orejuelas, or Orichelas.

A Tree in *America*, whose flowers here-
 tofore were often put into *Chocolate*.

P

Pimienta, or Pimenta.

Sweet-scented *Pepper*, called by some
Jamaica-Pepper.

Ranjó,

(159)

Paniso, or Pocholt.

A sort of Grain in the *Indies*, which is sometimes put into *Chocolate*.

Pistachia-Nuts

Are certain Nuts which come from *Smyrna, Tripoli*, and other places in *Turkey*; the Kernels of which are sometimes beaten up with *Cacaos* in the making of *Chocolate*.

Pumagua; see *Achiote*.

T

Tlixochitl, or } See *Banillas*.
Tlixochil; }

V

Vaynillas; see *Banillas*.

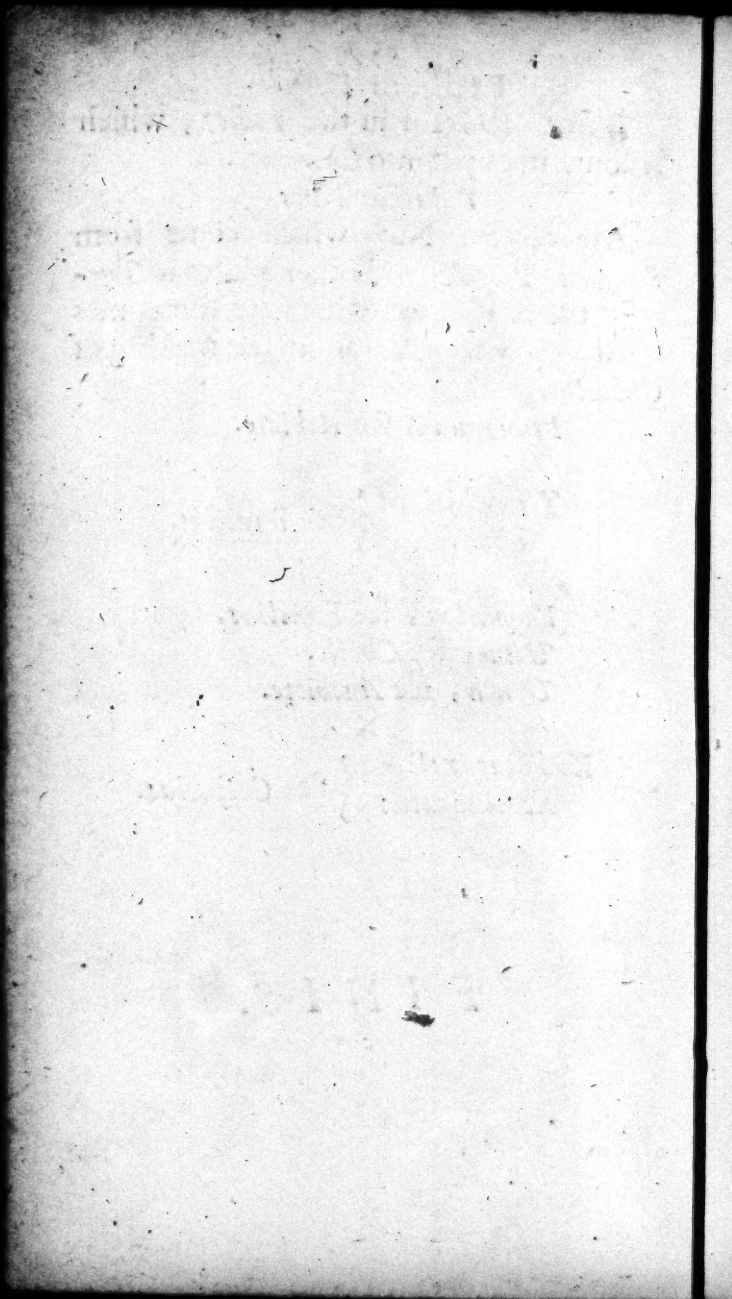
Uchu; see *Chille*.

Urucu; see *Anchiote*.

X

Xochinacatzli, or } See *Orejuelas*.
Xochinacatlis }

F I N I S.





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